

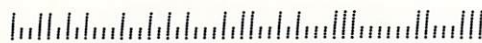
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- JUNK MAIL SPAMINATOR
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- STAN LEE SPEAKS
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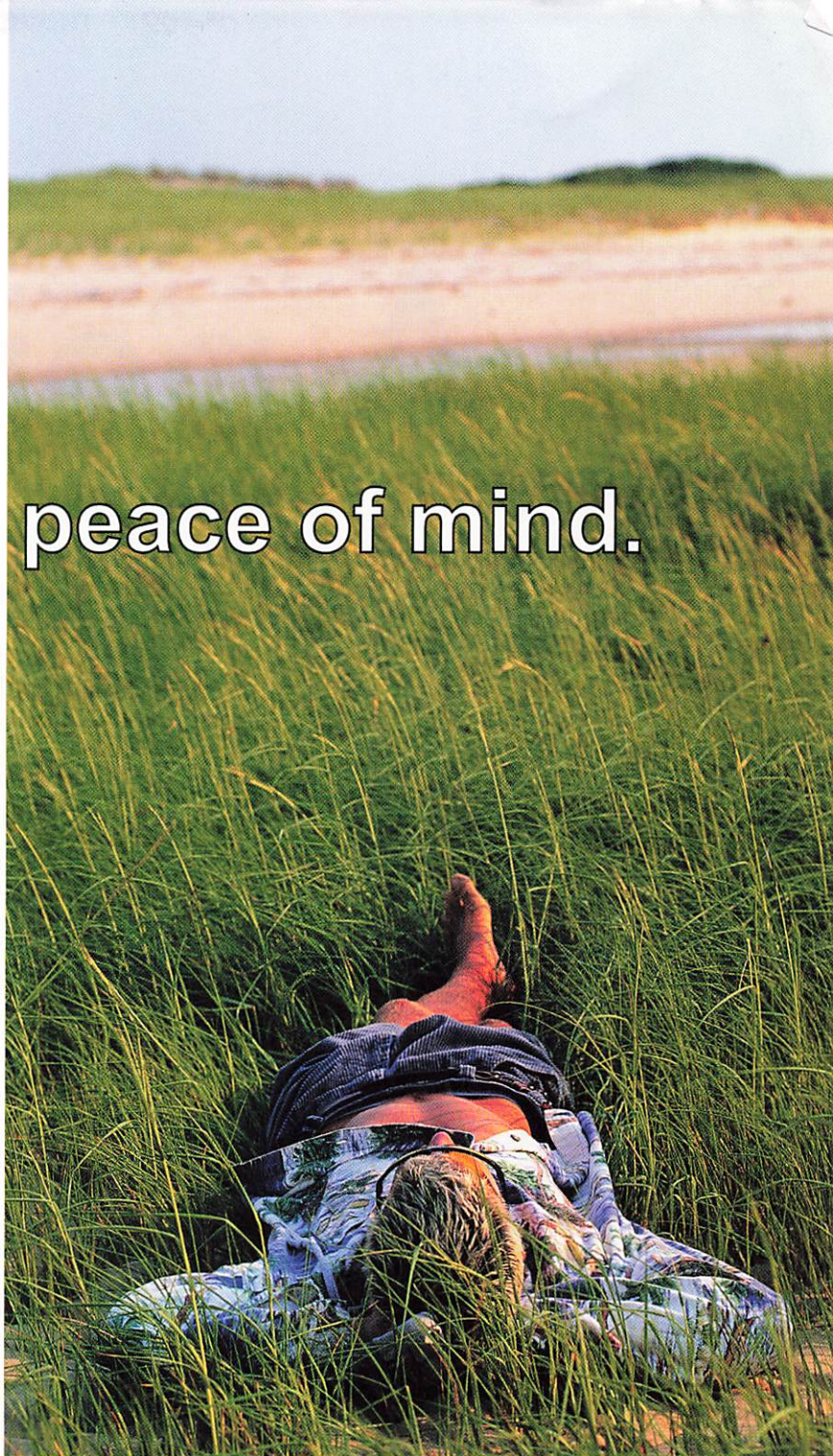
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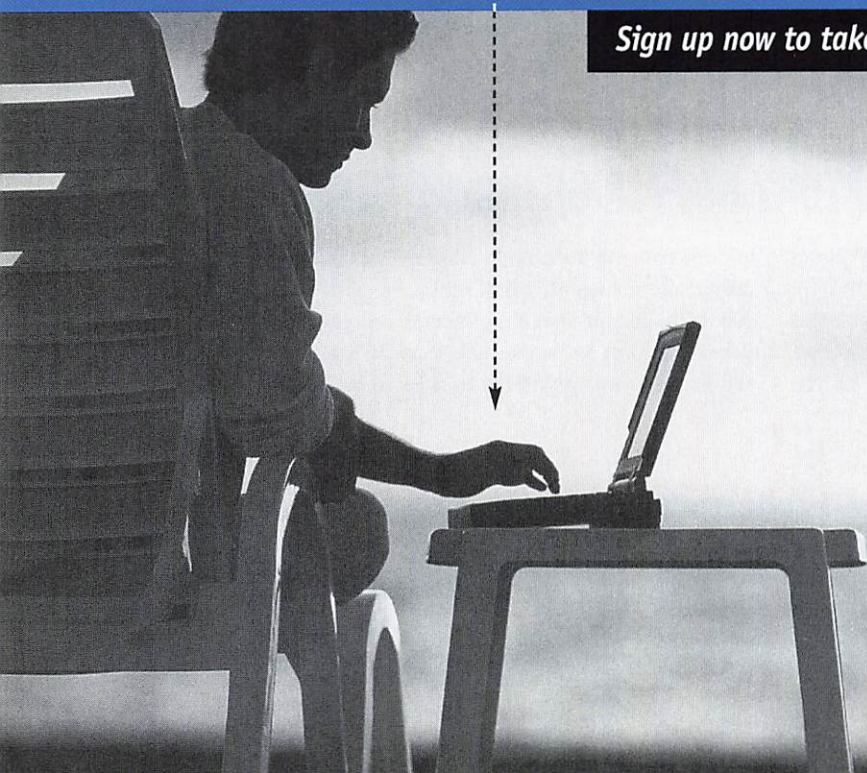


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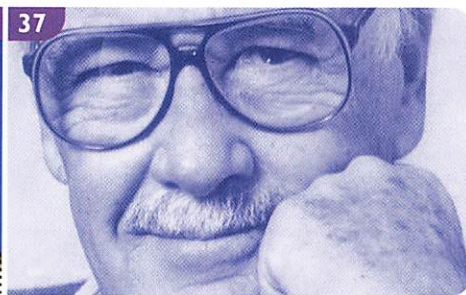
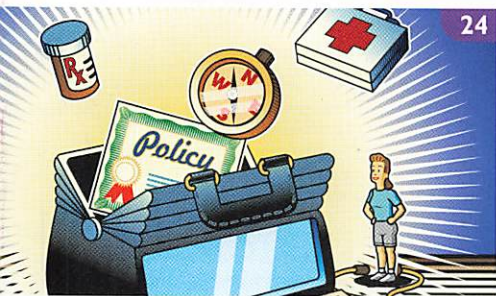
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June-July 2000
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FEATURES

24 Get Healthy, Stay Healthy

The Web can help you achieve your wellness goals. Learn how.
by Kristan Ginther Illustrated by Dan Sipple

37 Stan the Man

Master comic book creator Stan Lee chats about his new Web-based comic series, *7th Portal*.
by Melinda Viren

EARTHLINK.NET

- 7 **Editor's Inbox**
Letters from our members.
- 8 **News Flash: What's New at EarthLink**
Terminate spam, check out our new Internet guide, and sign up for DSL.
- 8 **OnSite**
EarthLink's Security page should be the first stop for members who are concerned about staying safe online.
- 11 **Member Homepage Contest**
See all the latest winning sites.
- 12 **KidZone: Be a Healthfood Hero**
Discover kids' health and fitness on the Web.

EYE ON THE NET

- 14 **Net News, Net Numbers**
Closing the digital divide; wacky online auctions; and whatever became of Y2K? Plus, hot numbers, curious dates, and the Internet Index.
- 20 **Hot Links**
Home and Hobbies, Reference and Education, Travel, Sports and Recreation, and Weird Web.

HANDS ON

- 30 **Tech Tip: MailCheck**
Avoid virus infections from email attachments.
- 34 **Web Workshop: 1, 2, 3 FTP**
Publish your Web pages using FTP.
- 38 **PSP Tip: Home Office/Personal Advantage**
It's about more than just business.

BUSINESS CONNECTIONS

- 40 **Open for EarthLink Biz**
Small businesses never had it so easy.

REVIEWS

- 42 **Software: Speaking in Tongues**
Language software is your passport to the world.
- 42 **Gadget Review: Pocket Rocket**
Read electronic texts with the Rocket eBook.
- 45 **Cool Tool: Count Calories**
Shareware pound-shedders.
- 47 **Computer Gaming: Everyday Life: The Game**
The Sims shows just how entertaining ordinary people can be.

PERSONALITIES

- 9 **Inside EarthLink**
John Coulter, a senior illustrator at EarthLink, talks about his favorite Web sites and what he does.
- 13 **Member Forum**
EarthLink members share their favorite health-related Web sites.
- 32 **Help Central**
Step into a chat room for technical support.
- 48 **Sky Writing**
EarthLink's founder writes of how the Net will change healthcare—for the better.



Cover illustration
by Dan Sipple

HOW TO CONTACT US

Technical Support
24 hours a day, 7 days a week
help.earthlink.net
(800) 890-5128

Web Support
startersite@corp.earthlink.net

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isdnsupport@corp.earthlink.net

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(800) 395-8425

New Business Accounts
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EDITOR'S INBOX

Letters from Our Members

Editor's Note

One look at these vital statistics confirms the Internet's growing role in healthcare: 45 percent of current Net users go online to find health information, according to Jupiter Communications; and Forrester Research predicts that healthcare e-commerce will be worth \$370 billion by 2004.

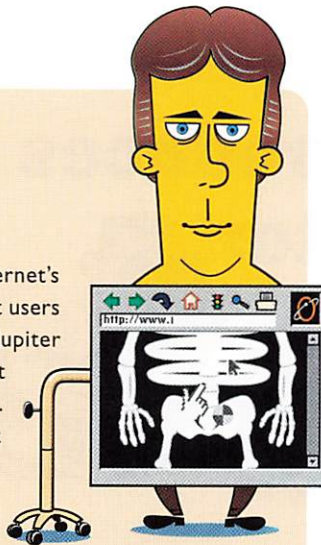
This issue of *bLink* examines the many ways the Internet can be good for your health. Members have told us how they've used the Internet to research health problems, learn about clinical trials, quit smoking, and reach out to others (see *Member Forum*, page 13).

Our feature story on page 24 prescribes a healthy dose of Internet resources: general health sites, sites that provide information and support for various diseases and conditions, diet and fitness sites, family health, alternative health, and more. There's also a moving account of how a family's tragedy led them to create a Web site that now helps others.

And those of you interested in shedding a few pounds before summer may want to check out our review of shareware calorie counters on page 45.

Other articles focus on ways to improve the "health" of your Internet experience. Check out the *News Flash* on page 8 to learn how a new, free EarthLink Sprint service can "spaminate" junk email before it reaches your inbox. Our *Tech Tip* on page 30 can help you keep your computer virus-free. And *Help Central* on page 32 spotlights our new chat-based support—it's like a tech support house call to cure your Internet ills.

So, I hope you enjoy this issue in good health.



guy who held the drawing. Third, my name is on many chain letters running around the globe because my friends "cannot possibly break the chain!" So, now my email address is available to everyone on these lists. You guys at EarthLink are doing your part to fight spam, but am I?

Don D.

Corona, CA

One thing you (and other EarthLink members) should do is sign up for EarthLink's new, free anti-spam service, called the SpaminatorSM, as soon as it's launched. See *News Flash* (page 8) to learn more.

BIGGER BLINK?

As I am blind, I have to have someone read *bLink Magazine* to me. I thought it was quite good. Thanks for your article on digital music in particular. My question: is *bLink* available via email? That format would be much more accessible to blind and other visually impaired readers.

Maureen S.

Berkeley, CA

bLink Magazine isn't available as an email, but it is online, where you can increase the font size for easier reading or listen to *bLink* via a voice screen reader. Go to www.earthlink.net/blink/. You can also get eLink, our weekly email newsletter, by signing up online at www.earthlink.net/elink/.

KUDOS FOR 5.0

I love your EarthLink 5.0! The browser is great, and I love how it's all tied in together; everything can work together, and it's done relatively smoothly! I am a former WebTV user, and went from WebTV to various ISPs once I got my computer. EarthLink beats them all!

John G.

Houston, TX

We're glad you like it. Anyone interested in EarthLink 5.0 is encouraged to go to www.earthlink.net/internet/software/ta/.

HOME SWEET HOME

People in my office tell me how smart I am in regards to the PC. I just say thanks and go on with whatever I am doing. Today someone asked me about going to the weather channel. I informed them to just go to their *Start Page*. They stated that they didn't have this one on their *Start Page*. "Uh, what Net [service] are you with?" I said. They replied AOL I asked

them, "Don't you receive a magazine like this one?" as I proudly held up my just-received copy of *bLink*. They all said, "No," at the same time. They asked me if it came with my subscription to EarthLink. "Yes, what do you get with yours?" "The bill," they replied.

Jerome S.

Buffalo, NY

MORE SPAM, SIR?

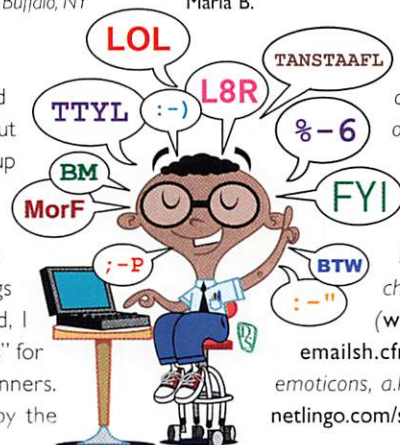
I never received spam until I did a few stupid things all at about the same time. First, I signed up with a search engine and checked the box that says "Check here if you want information about the things you're interested in." Second, I entered a few "free giveaways" for printers, computers, and scanners. Now I'm getting spammed by the

SMILE, IT'S EMAIL!

Can you please tell me where I can access the symbols/acronyms for "Web talk?" I am looking for both typed symbols (e.g., :-)=happy face) and others (e.g., TTYL=Talk to you later).

Maria B.

San Diego, CA



There are a number of good glossaries of Net symbols and acronyms online. NetLingo: the Internet Language Dictionary has one chart with acronyms (www.netlingo.com/emailsh.cfm) and another with emoticons, a.k.a. "smilies" (www.netlingo.com/smiley.cfm). ☺

We like to hear what our members are thinking. Email your comments or questions about *bLink Magazine*, EarthLink, or the Internet to elnblink@corp.earthlink.net.



EarthLink Introduces the SpaminatorSM

Spam won't be back

Tired of junk email? Activate the Spaminator—a powerful new way to virtually eliminate unwanted commercial email, also known as “spam.” An exclusive EarthLink member benefit introduced in May, the Spaminator intercepts junk email out on the network—before it can reach your mailbox.

Sign up for this free service (www.earthlink.net/spaminator/) and the Spaminator will automatically stop all the messages headed your way that look like spam, and deposit them in a special, Web-based “Junk Mail Folder.” There’s no need for you set up any special filters, and there’s no special software to use. (The Spaminator is also easy to deactivate if you ever wish to do so.)

Periodically, you can use your Web browser to access your Junk Mail Folder and see how much spam the Spaminator has

filtered, and check to make sure no good messages were misidentified as junk mail. Once you see how effective the Spaminator is at identifying and filtering out spam, it’s likely that you’ll stop visiting the Junk Mail Folder altogether.

Of course, the main benefit of activating the Spaminator is that you won’t be bothered by junk email and won’t need to waste your time filtering it out, deleting it, or trying to get off junk lists. But there are other benefits, too. Many spam messages with offensive content and attachments with viruses will also be “spaminated,” protecting your computer. So your email will be safer, as well as more enjoyable.

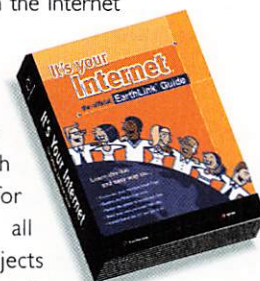
The Spaminator, powered by the highly respected BrightMail technology, works with any email program, including the EarthLink 5.0 software. Current members are strongly encouraged to activate the Spaminator by visiting the Spaminator page on the EarthLink Web site (www.earthlink.net/spaminator/). You can also learn more about the Spaminator by reading the Spaminator Information page, which is available at the same address.

Buy the Book

Master the Net with a new guide

EarthLink and Macmillan USA have recently completed *It's Your Internet: The Official EarthLink Guide* to help EarthLink members become better acquainted with the Internet and EarthLink.

There are more than 22 chapters in the book, which covers topics for members at all skill levels. Subjects include browsing the Web, setting up your *Personal Start Page*, downloading files, playing music and other multimedia files, chatting, and shopping. Also covered: online auctions, travel planning, kids and education, and personal finance.



ONSITE

Your Safety Net

Visit the Earthlink Security Pages

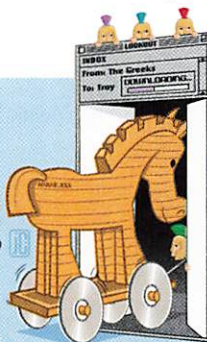
Are you concerned about safety on the Internet? Well, we are too. In addition to providing features like the Spaminator (see above), we devote a whole section of the EarthLink Web site to Internet security. These pages, at www.earthlink.net/internet/security/, address a full range of safety concerns—from passwords to spam, cookies to viruses. Let’s take a tour of what’s available.

Passwords: Did you know that changing your password increases online safety? Learn how to do it, and get other account security tips.

Fraud Prevention: Unfortunately, scams are part of both the online and offline worlds. Learn how to protect yourself from Internet fraud.

Encryption: How do online communication and transactions stay private and secure? With encryption. We make this technical topic understandable.

Secure Commerce: A few simple guidelines for safe shopping.



Anti-Spam Resource Center: Considered the junk mail of the Internet, spam is a preventable annoyance. Learn tips on avoiding spam, and EarthLink’s spam-fighting policies.

All about Cookies: Internet cookies may not be tasty, but they are necessary. Get the straight story on cookies.

Safety for Kids: While it’s a great learning tool for children, the Internet poses safety concerns for parents. Learn how to ensure your family’s security and privacy.

Computer Viruses: Viruses can infect and affect your computer in a number of ways. Keep your computer healthy with these virus-prevention pointers.

Newsgroup Security: Before you participate in online news discussions, review this newsgroup advice.

Browser Safety: Learn about the built-in security features of Internet Explorer, Netscape Navigator, and the EarthLink Browser—and secure your browser today.

Trojan Horses: Beware of these destructive programs. Learn to slay computer Trojan horses before they conquer your hard disk.

This guide was written specifically for EarthLink members, and was designed to be used with the EarthLink 5.0 software. (Members who use other software to access the Internet, however, may still find it useful.)

EarthLink members can purchase the guide for \$19.95 on the Web at www.earthlink.net/book/, or by calling dial-up sales at 1-800-EARTHLINK.

Get on the (Broad)bandwagon

EarthLink DSL is coming to you

As EarthLink DSL service comes to more cities, EarthLink members are discovering the advantages that broadband access can give them. And now, members can save up to \$300 when they choose DSL because EarthLink has waived all initial fees. Setup, equipment, and installation are all free.*

DSL (digital subscriber line) is a type of high-speed Internet access that uses existing phone lines. It's up to 50 times faster than a

regular dial-up modem, and lets you surf and talk on the phone simultaneously. And there are never any busy signals.

With EarthLink DSL, you enjoy a connection that's always on, without having to dial in and log on. Just launch your browser or email program and you are instantly connected. Your broadband connection means you can work on the Web much more productively—and have more fun. Web pages snap open. Video clips pop into action. Software programs download in no time.

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Orleans, New York, Philadelphia, Phoenix, Raleigh-Durham, N.C., San Diego, San Francisco, and many other cities. For the latest DSL info, check our broadband Web site (www.earthlink.net/broadband/). ☒

*Requires self-install where available.

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John Coulter

Senior Illustrator

What he does...For over two years, John has been a senior illustrator at EarthLink. He illustrates for *bLink Magazine*, the EarthLink Web site (www.earthlink.net), ad banners, annual reports, and other special projects. "On a typical day, I read stories, brainstorm for ideas, make sketches, and illustrate them on my Mac. Basically, I draw pictures all day." Prior to EarthLink, John was a graphic designer at **ESRI** (www.esri.com), and before that he was a Peace Corps volunteer in the Dominican Republic. You can see John's portfolio and read about his experiences in the Dominican Republic at his Web site (home.earthlink.net/~heppencolt).

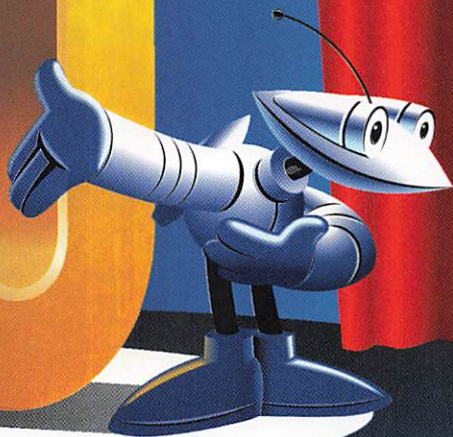
What he says..."I enjoy my job because it gives me an opportunity to create fun illustrations, solve challenging creative problems, and communicate in an exciting way to our members." John finds it rewarding to collaborate with others at EarthLink, including writers, graphic designers, Web site developers, and producers. "I also like EarthLink's casual atmosphere, fun co-workers, and the short commute from my home."

What he does online..."I use the Web for reference (www.ditto.com) and to read the latest news. I also track my investments on **E*TRADE** (www.etrade.com) and my Start Page (start.earthlink.net). I also look up guitar chords at the **Online Guitar Archive** (www.olga.net). And I check **Salon** (www.salon.com) every day because I love the design, illustrations, and most of the articles. I also read **Suck** (www.suck.com), **The Onion** (www.theonion.com), and **McSweeney's** (www.mcsweeney.net) for my daily dose of humor."

Interviewed by Kristan Gintner Photo by Roger Wilson

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Member Homepage Contest

Homepage Contest Winners

EarthLink would like to congratulate the March and April winners of the Member Homepage Contest. To enter the contest or to see runners-up or past winners, visit the contest site at www.earthlink.net/benefits/surveys/homepage/.

BEGINNER CATEGORY



March Winner:
Jeri Porcaro,
home.earthlink.net/~jerilynpl/

The Porcaro Place is a well-designed family Web site filled with nice touches, from its subdued, tasteful background pattern to the playful icons in the left-hand navigation menu. The site's photos, which are neatly laid out with captions, show the couple's own children, as well as foster kids they've cared for.



April Winner:
Robert Fass,
home.earthlink.net/~robertfass/

As Long As We Both Shall Live is a photo essay about couples that have been married 40 years or more. A navigation frame contains thumbnail previews of each couple; clicking a thumbnail opens a full-sized image, along with quotations from the photos' subjects.

CLICK-N-BUILD CATEGORY



March Winner:
Kevin La Tour,
home.earthlink.net/~ohjoy39/

Kevin is a dealer of high-end audio components, and his Web site, *2 Channel Audio*, does a good job of explaining his approach to creating quality audio systems. Browse photos and descriptions of Kevin's recommended components, including amplifiers, speakers, and turntables. Component manufacturers are linked.

ADVANCED CATEGORY



March Winner:
Mako Miyasato,
home.earthlink.net/~makokam/

The hip, ultra-stylish look of *mako* is only one of the highlights of this graphic design site. The navigation menu, which combines JavaScript mouseovers with animated GIF images to eye-catching effect, lets you browse examples of Mako's photography as well as product, transportation, and furniture designs.



April Winner:
Christine Castiglano,
home.sprintmail.com/~ccastiglano/

Christine effectively mixes lots of HTML and multimedia elements to create her site, *Christine Castiglano: Digital Artist*. There's a Shockwave Flash intro you can watch, and the portfolio section uses JavaScript mouseovers, animated GIFs, HTML frames, and Shockwave movies—all without overwhelming the viewer.



April Winner:
Jayne Boyle,
home.earthlink.net/~boyle2/

The Boyle Family site features an entertaining collection of the family's often humorous photos. You can see the Boyles doing everything from horseback riding to golfing. The photos are all the same size, which keeps the page layouts tidy and easy to browse, and each photo has a caption. *Q*

Reviewed by Dinos Lambropoulos

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www.earthlink.net/clicknbuild/

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EARTHLINK.NET

KidZone

Be a Healthfood Hero

Discover kids' health and fitness on the Web

School's out and the days are long. That makes summer the perfect season to "romp" through the *EarthLink Sprint KidZone* (www.earthlink.net/kidzone/) to some of the Net's best children's Web sites. And the *Healthfood Hero* section of *KidZone* is perhaps the perfect place to start. There, award-winning children's content provider *MaMaMedia.com* can help you celebrate summer with more than a hundred Web sites for young sports enthusiasts, team players, and adventurers of all ages.

It takes a few clicks to get to *Healthfood Hero*. At the *KidZone* homepage, click on *Play*, then *Romp*, then *Sandwich Shop*.

The layout of *Healthfood Hero* teaches children about organization as they surf. Click on one of the main categories—*Outdoor Places*, *Body & Mind*, or *Sports*—to display a row of subcategory icons. Pick a favorite category to see a row of screenshots. Click on a site, and *KidZone* gives you a short description. Click once more, and you'll romp

off on your adventure. (When your kids head off to explore the best of the Web, they can always come home again using the child-friendly symbols on the *KidZone* toolbar.)

SPORTING SPIRITS

There are three sections dedicated to sports: *Team Sports* (e.g., soccer, football, baseball, basketball), *Cool Sports* (e.g., hang gliding, bungee jumping, inline skating), and *Sports* (e.g., gymnastics, biking, ice skating,



tennis). Learn nifty facts or play online. And there's also stuff to do in *Body & Mind* (e.g., nutrition, safety, martial arts). If thinking about sports makes you hungry, you can learn to cook, learn about nutrition (www.dole5aday.com/menu/kids/menu.htm), or chase the Oscar

Mayer WIENERMOBILE™ (www.kraftfood.com/oscar-mayer/fun/wmobile).

OUTDOOR ACTIVITIES

Summer is a great time to romp outside. In *Outdoor Places*, kids visit *Parks*, *Amusement Parks*, and *Camps*. Take a ride on a virtual roller coaster (www.discovery.com/exp/rollercoasters/build.html). See live video feed of Old Faithful (www.nps.gov/yell/oldfaithfulcam.htm) or Glacier National Park (www.nps.gov/glac/).

And while your kids are learning about the science of baseball (www.exploratorium.edu/baseball/) or the Grand Canyon (www.thecanyon.com/nps/), they are also learning how to use the Internet. ☺

By Jenny Factor

the GAMES ARENA

Free Games! Cash and Prizes!

Just Click
"The Games Arena"
link on your
Personal Start Page.
<http://start.earthlink.net>
or go to

WWW:THEGAMESARENA.COM

PUMP UP YOUR ONLINE FUN



EARTHLINK.NET
Member Forum

Here's to Your Health

EarthLink members use the Net for personal fitness and health education

Have you ever joined an online health chat? Researched an illness on the Web?

These EarthLink members have!

EDUCATING EVERYONE

When I first began exploring the Internet less than a year ago, I did so in search of information on ALS [amyotrophic lateral sclerosis], also known as Lou Gehrig's disease. I was hoping to assist my mother. In the process of finding knowledge, I discovered much more. The sites contained real people whose hearts are as big as heaven! Realizing the potential that the Internet had provided me, I used it along with my skills as a registered nurse to open an ALS Web site on EarthLink (home.earthlink.net/~alsalert). Sadly, Mom passed away on January 14th. However, [she was] secure in the knowledge that her son is utilizing EarthLink to assist others.

Paul J. Riverside, CA

CenterWatch (www.centerwatch.com) reports on clinical studies going on in all diseases all over the country. You can subscribe to notification of any new studies for up to eight medical conditions.

David C. Reseda, CA

My husband suffers from Alzheimer's and I have found many resources using the Web (www.alzheimers.com and www.care-givers.com). Sometimes a caregiver is isolated at home for much of the time—these boards and chat groups can be a lifesaver.

Lorna G. Duluth, MN

My husband has multiple myeloma, a cancer of the bone marrow. "Treatable but not curable" were the doctor's words two years ago. Celgene's pharmaceutical Web site (www.celgene.com) told of clinical trials with Thalomid (thalidomide)



for multiple myeloma. For the first time in several months the protein cancer cells have dropped. Thank [goodness] for the Web sites on cancer research. When one is searching for life itself, it's like finding a miracle.

Lois W. Glendora, CA

WELL-BEING

I found a really effective and helpful site on About.com to help me quit smoking (quitsmoking.about.com/health/quitsmoking/). I went into the part of the site called Ash Kickers on a whim and within a week, I quit! If you register, you can write a short essay about your trials and tribulations and you get really wonderful responses from others who have gone through the same thing.

Beverly L. Highland, MI

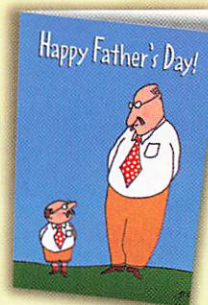
The Internet has definitely helped us gain easier access to very important research. With wonderful sites, such as WebMD (www.webmd.com), LaurusHealth (www.LaurusHealth.com), Medscape (www.medscape.com), and The American Medical Association (www.ama-assn.org), we can find out more information about our health, medical conditions, prescription drugs, and many other topics.

Kristina J. Pembroke Pines, FL

HAVE YOU JOINED ?

Do you participate in any online communities? Tell us more at elnblink@corp.earthlink.net.

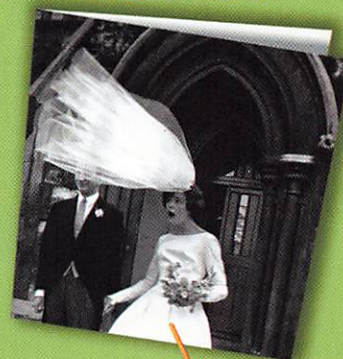
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<http://start.earthlink.net>



Digital Divide Widens

Experts seek to close gap between "haves" and "have-nots"

America is a nation divided when it comes to the Internet. According to the U.S. Department of Commerce, the digital divide—the gap between people who do and who don't have access to the Internet—is widening. And, the gap is widening despite the overall increase in the number of Internet users.

If the divide persists, some people may be unable to compete in the new job market that is increasingly reliant on Internet skills. Closing the gap could also help more diverse communities take advantage of the economical, cultural, and societal benefits that the Internet offers.

Public and private officials are making attempts to bridge the split, which appears most commonly to affect the poor, the disabled, minorities, and people in rural locations where Internet service providers can be scarce. The Commerce Department has been charting the divide since 1995, in a series of reports called "Falling Through the Net" (www.ntia.doc.gov/ntiahome/digitaldivide/).

In a December, Washington, D.C. summit, Commerce Secretary William M. Daley said, "Obviously we have a lot of work ahead of us. Right now there are many families being left behind." The summit looked at extending Internet access to areas that are currently underserved, improving Internet training and education, and finding good places, such as libraries and schools, to put access points.

The Department of Commerce has its own Web site addressing the digital divide (www.digitaldivide.gov), which lists details about the summit, as well as information about other government efforts to close the divide.

Earlier this year, President Clinton proposed tax incentives to encourage companies to donate computers, sponsor

community technology centers, and conduct technology training for workers. Other proposals include earmarking funds to create community technology centers in low-income and rural areas, and to expand and encourage high-speed Web access in these and other underserved communities.

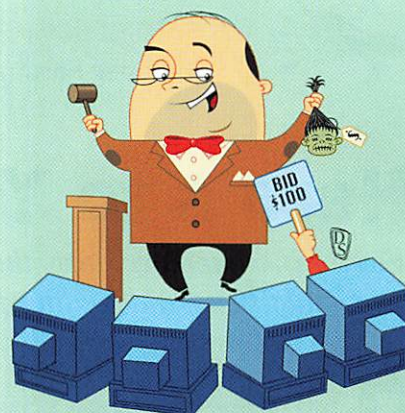
To introduce Internet access to areas not currently served by commercial providers, Sen. Byron Dorgan (D-ND) is proposing a bill similar to the Rural Electrification Administration program, which brought electricity to millions in the '30s. Funding would be covered by the Universal Service Fund, created specifically to help schools and public libraries pay for telecommunications services, including Internet access.

In March, the CPB/WGBH National Center for Accessible Media, or NCAM (www.wgbh.org/wgbh/pages/ncam/), released

a software tool called MAGpie, which allows Web developers to add audio descriptions, captions, or subtitles to multimedia clips, helping provide Web access to those with visual or hearing impairments.

The free program, currently available only for Windows, can add captions to multimedia files written in QuickTime, Synchronized Multimedia Integration Language (SMIL), and Synchronized Accessible Media Interchange (SAMI) formats.

Club Internet



Auction Insanity

One person's trash...

Pool water from the TV show *Melrose Place*. New York street dirt. An authentic Amazonian shrunken head. Seeds from a 933-pound pumpkin. An antique pair of stuffed alligators. Petrified dinosaur dung. What do these things have in common? They've all been auctioned on the Internet.

What can you do with this stuff? Good question, but if odd is what you're looking for, you should take in an online auction. The Internet makes a wonderful clearinghouse for even the most bizarre items.

But there are limits to what auction sites are willing to allow. For instance, last September leading auction site eBay (www.ebay.com) pulled a listing for a live kidney off the site. Bidding started at \$25,000 and had reached \$5,750,100 before the company stepped in, because selling organs is illegal.

Another strange item that was taken off the site less than 24 hours after it was posted for bids: a young man from Florida had his virginity for sale.

According to a recent article on the online auction services site AuctionWatch (www.auctionwatch.com), among the apparently legal items in the top 10 bizarre online auctions were a Tyrannosaurus Rex skull, a (disarmed) Nike Ajax surface-to-air-missile, Elvis' dental records, an alien fetus, and an LP featuring the crooning of erstwhile macho man Burt Reynolds. (You decide which is more bizarre—Burt singing or the alien fetus.) To read the full article, go to www.auctionwatch.com/awdaily/features/bizarre/. To find unusual items for bid on eBay and other sites, type "weird" or "bizarre" in AuctionWatch's universal search window. (eBay is also available on your Personal Start Page at start.earthlink.net.)

ANY INTEREST IN

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CHEAPER, SMARTER,

MORE CONVENIENT WAY

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Shop for a low-cost mortgage from up to 30 leading lenders.

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[HTTP://FINANCE.EARTHLINK.NET](http://finance.earthlink.net)



Y2K Revisited

Was there really anything to it?

Looking back at the hysteria about Y2K, and the lack of disasters, you might think the whole thing was overhyped, or a hoax.

Last year at this time, the experts were predicting impending doom, and governments and corporations were spending fortunes to avert disaster. Now the Y2K bug is all but forgotten, only a few months after it passed. Even so, there were still scores of minor glitches around the world, including embarrassing screw-ups on some prominent Web sites.

The International Y2K Cooperation Center (www.iy2kcc.org), created with the help of the United Nations, is still tracking problems in systems governing energy, communications, defense, and other electronic infrastructures. But the list of Y2K problems (www.iy2kcc.org/Glitches2000.htm) so far is a litany of noncritical failures: a taxi meter in China,

a hospital admissions computer in Portugal, cash registers in Greece.

Ironically, the victims of many minor glitches were supposedly tech-savvy Web sites, including some very big names. A Microsoft page showed a number of training courses scheduled to start in January 1900. The Web site of the U.S. Naval Observatory, master keeper of the nation's official time, showed the year as 100 on its *Countdown to 2000* page (only 6,939,960 days to go, as of Jan. 2). The Auckland, New Zealand airport issued an online press release announcing the airport suffered no Y2K problems; the press release was dated Jan. 1, the year 100. And the *New York Times* reported on Wal-Mart's plans to expand its Web site, in a story dated Jan. 1, 1900. Prominent companies that showed glitches on their Web sites included AOL, Apple Computer, Compaq, E*TRADE, Lycos, Netscape, and Yahoo.

To view screenshots of these and dozens of other errors, go to www.y2kmistakes.com. ☞

Top 10 Tech Products

- | | |
|-------------------------------|-----------------------|
| 1 Palm V | 6 Windows Pro. 2000 |
| 2 Nikon Coolpix 950 | 7 Palm IIIxe |
| 3 Palm VX | 8 P III-600 MHz (OEM) |
| 4 Olympus G-2020 Zoom | 9 Desktop Theater 5.1 |
| 5 Pentium III-600 MHz (Boxed) | 10 Kodak PC 280 Zoom |

(Source: CNET, www.cnet.com, as of April 27, 2000)



Top 10 Ailment Searches

- | | |
|----------------------|-------------|
| 1 Cancer | 6 Arthritis |
| 2 Diabetes | 7 Herpes |
| 3 AIDS | 8 Stress |
| 4 Multiple Sclerosis | 9 Lupus |
| 5 Autism | 10 Dyslexia |

(Source: The Lycos 50, 50.lycos.com, posted Oct. 8, 1999)



**YOU'VE GOT
A MILLION IMPORTANT THINGS
TO DEAL WITH.**

**WE'LL ASSUME STAMPS RANK RIGHT UP THERE
WITH KEEPING THE PHONE CORD UNTANGLED.**

Deadlines. Client meetings. Phone calls. We know how busy you are. That's why we created E-Stamp® Internet postage, a new service that takes the hassle out of buying stamps and preparing mail. Now it's possible to simply print postage from your computer anytime day or night, seven days a week. E-Stamp supports printing postage onto envelopes, labels, documents and packages. Fortunately, now you'll have time for some of the more important things. Like doing your laundry.

e-stamp®

Postage when you need it.

Find E-Stamp on your
Personal Start Page at
<http://start.earthlink.net>



EYE ON THE NET

Net Numbers

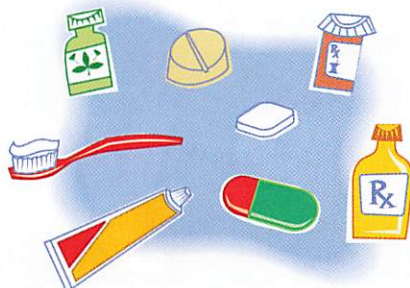
SENIOR INTERNET SHOPPERS



- 92% of online U.S. seniors (55 and older) have used the Web to window-shop
- 78% have made an online purchase
- 43% have purchased computer software
- 43% have purchased books
- 29% have purchased music and CDs
- 27% have purchased at an online drugstore
- 24% have purchased computer hardware
- 18% have purchased clothing
- 9% have bought a prescription product

(Source: Greenfield Online, www.greenfield.com)

ONLINE HEALTH SALES (PROJECTIONS FOR 2004)



- Sales of pharmaceutical products will account for \$4.5 billion
- Nutraceuticals (such as vitamins and herbal products) will account for \$1.7 billion
- Personal care pharmaceutical products will account for \$2.3 billion
- Over-the-counter pharmaceutical products will account for \$600 million

(Source: Jupiter Communications, www.jupitercommunications.com)

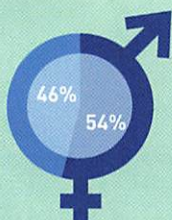
TRAVELERS TURN TO THE NET



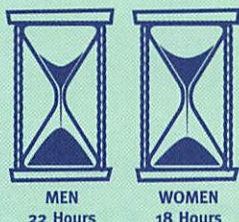
- 52.2 million people use the Internet to plan their travel
- 53% of travelers use the Internet
- 16.4 million made online travel-related purchases in 1999
- 8.2 million were frequent flyers
- 45% of those who purchased online last year intend to make more online travel purchases this year
- 5.4 million used the Internet to make reservations in 1997
- 6.7 million used the Internet to make reservations in 1998
- 16.5 million used the Internet to make reservations in 1999

(Source: Travel Industry Association of America, www.tia.org)

WORKPLACE WEB USAGE BY GENDER



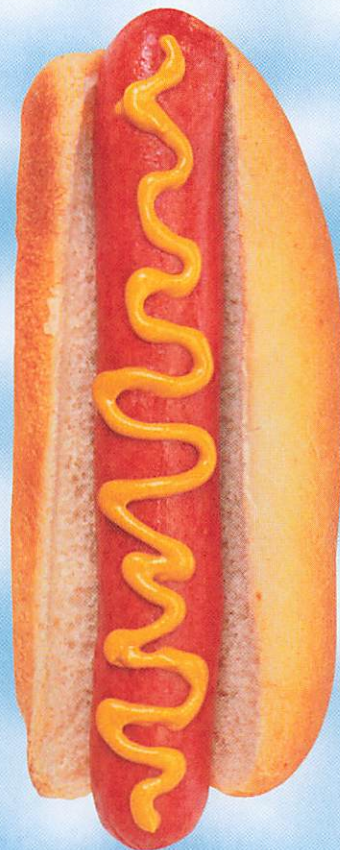
Who logs on at work?
Men: 54%
Women: 46%



How much time?
Men: 22 hours
Women: 18 hours

(Source: Nielsen//NetRatings, www.netratings.com, for February 2000)

Evite. For All Your Classy Summer Events.



How Evite Works:

1. Go to <http://earthlink.evite.com>
2. Create an invite by filling out event details and guest email addresses
3. Evite sends out your invitations online
4. Evite creates a personal web page for your event where guests can RSVP, see who's coming, and post comments



Now available on your Personal Start PageSM
<http://start.earthlink.net>

Don't have your own Doppler?

**Weather from weather.com on your Personal
Start Pagesm at <http://start.earthlink.net>**

weather.com





Calendar Events

JUNE 17: Dad's the Man

www.earthlink.net/explore/holidays/

Find the best gifts, cards, and treasures for Father's Day at the EarthLink Holiday Center.

JUNE 19: Emancipation in Texas

www.juneteenth.com

Although Lincoln signed the Emancipation Proclamation in 1863, thousands of slaves in Texas weren't free until June 19, 1865. The holiday, christened "Juneteenth," is now celebrated all over the U.S. Learn more at this site.



JULY 1: We All Scream for Ice Cream!

www.icecream.com

Indulge in a little cool fun—July is National Ice Cream Month. To celebrate, get the scoop at the Dreyer's/Edy's site with games, fun facts, and scrumptious dessert recipes. Don't forget to fill out the registration form for a chance to win free ice cream!

JULY 4: Betsy Ross and Sparklers

kate.gulf.net/holidays/4thjuly/

Hear fireworks, download wallpaper, exchange recipes, and learn the history behind the lady who made America's flag.

Net History

JUNE

1985: The first government domain, css.gov, is registered.

1991: PGP (Pretty Good Privacy), Version 1.0, a public-key encryption software package for the protection of electronic mail, is released.

1996: Phil Zimmerman, the creator of PGP, testifies about the benefits of encryption before a U.S. Senate subcommittee, after three years of criminal investigation by the U.S. Customs Service.

JULY

1972: Larry Roberts (called the "Architect of the Internet") writes the first email program to send and receive messages.

1994: EarthLink's first member logs on to the Internet through one of our 10 14.4Kbps modems.

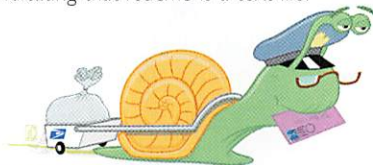


1995: Thousands in Minneapolis-St. Paul lose Internet access after transients start a bonfire under a bridge at the University of Minnesota, causing fiberoptic cables to melt.

Net Speaks

EXTENSION

A (usually) three-letter description (following the dot in a file name) that indicates what type of file you are viewing. For example, in a file named *readme.txt*, the extension is *txt*, indicating that *readme* is a text file.



SNAIL MAIL

A light-hearted yet somewhat derogatory term for postal mail, which emphasizes how long it takes to arrive, compared to the almost instantaneous nature of email.

UNIFORM RESOURCE LOCATOR

URL for short. Most commonly refers to a Web site address; www.earthlink.net is a URL.

WYSIWYG

(PRONOUNCED "WIZZY-WIG")

Acronym for "what you see is what you get." Refers to certain HTML editors or text editors that (to varying degrees) allow you to create a Web page without using HTML tags. You design the page so that "What You See" in your HTML editor window "Is What You Get" on your Web page.

Minutes daily that children, ages 8-13, use the computer for games: **16**

Minutes spent on the computer for schoolwork: **8**

Percentage of children, ages 2-7, who have a TV in their bedroom: **32**

Hours per week children watch television: **24**

Percentage of families whose children watch less TV since they got Net access: **37**

(Source: Forrester, Kaiser Family Foundation, Nielsen Media, National School Boards Foundation)

Percentage of adults who went on a bike vacation in the past year: **3**

Bike trail rides listed at www.gearhead.com: **933**

Annual hospital visits for bicycle-related accidents: **1,026,000**

(Source: Roper Starch Worldwide, Inc., Centers for Disease Control and Prevention, Gearhead.com.)

Reported cases of the common cold per year: **61 million**

Price of 10 oz. cherry-flavored NyQuil at drugstore.com (including shipping): **\$8.94**

Price at a corner drugstore: **\$3.48**

United States online health sales in 1999: **\$200 million**

(Source: C.D.C.; drugstore.com; Rite Aid, Pasadena, CA; Jupiter Communications)

52-week high of online grocer Peapod.com's stock (as of 03/17/00): **16 3/8**

52-week low: **2 5/6**

A pound of pea pods at Peapod.com: **\$2.99**

A pound of pea pods at Peapod.com competitor, Webvan: **\$4.46**

(Source: CBSMarketWatch.com, Webvan, Peapod.com)

Pages in Stephen King's electronic novella, *Riding the Bullet*: **66**

Requests for download of *Riding the Bullet* in the first 24 hours of availability: **400,000**

Copies a hardcover book needs to sell per week to be considered a "bestseller": **9,000**

(Source: SimonSays.com)



Hot Links

*From Eric's Origami to Eric's emotions,
Cheap Tickets to tipping cheap*

Weird Web

WHASSUUP?!

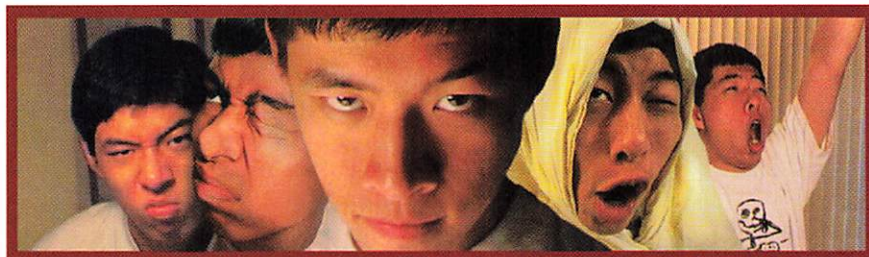
homepage.mac.com/fvjohnson/

Did you see the "Whassuup?!" Budweiser ads broadcast during the 2000 Super Bowl? They featured a bunch of jocular guys on the phone greeting one another with a special brand of enthusiasm. Check out this site, which rebroadcasts the ads in the QuickTime format and adds a hilarious Super Friends cartoon version of the commercial, as well.

QUIZ BOX

www.quizbox.com/builder/

Fun time-wasters here include *The 5 Questions Personality* test, the *How Do You Eat Fried Eggs* test, and the *Are You Social*



Smart or Are You Book Smart test. You can also read horoscopes, do puzzles, and easily create your very own quiz with the free *Quiz Builder*.

THE DARWIN AWARDS

www.darwinawards.com

These irreverent stories of misadventure have made their way around the globe for years via email—now you can read

them all in one place. According to the site, "The Darwin Awards celebrate Charles Darwin's theory of evolution in action by commemorating the remains of individuals who contributed to the improvement of our gene pool by removing themselves from it." The result is a site of both horror and dark humor.

ERIC CONVEYS AN EMOTION

www.emotioneric.com

Picture Eric annoyed. Picture Eric happy. See him in love, in horror, in disbelief. Witness him enraged, shy, and complacent. Catch him looking "Too Cool for You," finding "Cameron Diaz in the Closet" and "Just Realizing [He] Bought the Wrong Fabric Softener!" This simple, inventive site will make you smile.

EarthLink introduces
Strategy.com™

An email reporting that your stock just plummeted. A pager alert about a change in an analyst's recommendation. Timely, relevant, personal information proactively sent directly to you.

Now EarthLink joins with Strategy.com™, the world's first Personal Intelligence Network™, to deliver the latest personalized financial information directly to your email, pager or mobile phone. What's that worth to you? We think it can be priceless. What's it cost? Absolutely free.

Sign up for Strategy.com on your Personal Start Page™ at start.earthlink.net. Click on "GO TO MY PORTFOLIO" under the finance section to subscribe. Finally, get the one view of the market that counts — your own!

Index	Current Price	Change	% Change
S&P 500	1080.0	+10.0	+0.93%
NASDAQ	2740.0	+10.0	+0.36%
S&P 500	1079.2	-0.8	-0.07%
Russell 2000	490.4	-0.4	-0.08%

Market Performance (% Change)

Index	Current Price	Change	% Change
S&P 500	1080.0	+10.0	+0.93%
NASDAQ	2740.0	+10.0	+0.36%
S&P 500	1079.2	-0.8	-0.07%
Russell 2000	490.4	-0.4	-0.08%

Today's Portfolio Activity

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Russell 2000	490.4	-0.4	-0.08%

Today's Top Gainers

Index	Current Price	Change	% Change
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NASDAQ	2740.0	+10.0	+0.36%
S&P 500	1079.2	-0.8	-0.07%
Russell 2000	490.4	-0.4	-0.08%

If information is currency
how rich are you?

BETTER HOMES AND GARDENSwww.bhg.com

Gardeners and handy persons alike can feast on the abundance offered at the *Better Homes and Gardens* site: articles, recipes, crafts, and heaps of useful online tools. Read posts from readers about their favorite containers for plants or get instructions on how to fix a leaky sink.

ERIC'S ORIGAMI PAGEwww.paperfolding.com

Paper: it's not just for airplanes! Learn to make paper chickens, grasshoppers, tyrannosaurs, and more.

Curious about how origami originated?

Read the history of

paper folding.

Looking for paper sellers, other

folders, or additional patterns?

Click links.

**HOME ARTS: EAST MEETS NEST**homearts.com/depts/home/03fengf1.htm

The 3,000-plus-year-old art of *feng shui* (the art of arranging a room's elements to promote a harmonious existence) is explained here in detail. Determine where the "blocks in your flow" are, then use the site's 10 *feng shui* "cures" for what ails your rooms and, therefore, your life.

SOAR (THE SEARCHABLE ONLINE ARCHIVE OF RECIPES)soar.berkeley.edu/recipes/

You'll find hearty sauces, soups, and salads; scrumptious pilafs, pastas, and paellas; and fragrant rubs, relishes, and roasts among the tens of thousands of recipes conveniently archived by type, ingredient, and region or ethnic origin.

PERSONAL START PAGESM**HOME AND HOBBIES SPOTLIGHT**

Amazon.com Bookstore

Do you like to read about home decorating or improvement, or about the hobbies you enjoy most? Use the *Personal Start Page* to stay up to date on best-selling books about art, children, cooking, home, parenting, and more. Just click *personalize* and choose a genre.

FASTBALLwww.fastball.com

Connecting with the ball is easy at *Fastball*, a site so brimming with major league stats, scores, standings, news, gossip, and highlights that faithful readers won't miss a second of the action this season.

TRANSWORLDwww.skateboarding.com

Beginners: Learn to "ollie" the right way with the *Trick Tips* section. Pros: Dig the events calendar and industry news. Any boarder who loves the rails and ramps will appreciate the extensive skate park listings and buyer's guide, as well as the attitude of this hip skateboard e-zine.

MAGIC SURF BUSwww.magicsurfbus.com

Poet Phillip Larkin said, "If I were called in to construct a religion I should make use of water." The Bus, a friendly guide to surfing and surf culture, celebrates this centuries-old religion carved out of water. Learn the history of the sport, look at classic surf toys and photos, and connect with others who worship the wave.

TENNIS WEEKwww.tennisweek.com

Read daily news and gossip (Andre's divorces and Anna's weddings), explore features, and check the rankings at this tennis catchall. Use the pull-down menu to find event times and locations, and click *Player Essentials* to see what kind of equipment the top 20 men and women use.

**PERSONAL START PAGESM****SPORTS SPOTLIGHT**

FOXSports.com

So many sports, so little time. Rely on your *Start Page* and FOXSports.com to keep you up to date, with news and commentary on every sport. Click the *personalize* link on your *news headlines* feature and select from the 32 different sports categories offered by Fox and others, from ABC News, CNN, and ESPN.

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RESTAURANT ROW

www.restaurantrow.com

This delicious site has listings for over 110,000 restaurants, many with diner reviews and up-to-date menus, and delivers all information in a terrific interface. Search by restaurant, cuisine, and location, or make reservations right from the site. (Restaurants are currently listed in 47 countries.)

AWAY.COM

www.away.com

The merger of *GreenTravel.com* and *AdventureQuest.com* has led to the creation of an extraordinary travel tool: *Away.com*. The easy-to-navigate and customizable Web site hosts the largest collection of prescreened tour operators offering everything from "volunteer vacations" in Africa (21 days, \$175) to luxury cruise trips. Join today (it's free)!

**HISTORY CHANNEL TRAVELER**

www.historytraveler.com

Take a trip without taking a vacation from learning. Search for historic landmarks, reserve a night in a historically significant hotel, or book one of the preplanned historic tours from this site.

VISA ATM LOCATOR

www.visa.com/pd/atm/

Road-tripping to India? Australia? Europe? Or just going to the movies? You'll need cash. Use the universal ATM locator to get it from more than 531,000 machines in more than 120 countries worldwide.

PERSONAL START PAGESM**TRAVEL SPOTLIGHT**

travelscape.com

Accommodations in Paris for \$89 per night! A private beach in Acapulco for \$75 per night! Kids stay for free in Aruba! And the deals don't end there! Discount airfare and package vacations are also easy to find when you click the *travelscape.com* travel feature on your *Personal Start Page*.

INFONATION

www.un.org/Pubs/CyberSchoolBus/infonation/e_infonation.htm

With a few clicks of your mouse, find and compare the flag, latitude and longitude, population, languages, literacy, crime rate, currency, United Nations membership date, and more, for every nation in the UN.

**SOYOUWANNA.COM**

www.soyouwanna.com

Think of all the cool, interesting, practical things you want to learn—you'll find lots of them explained here. The writing is witty, the advice strong. Learn to do yoga, get a talent agent, make a low-budget movie, interpret a poem, convert to Judaism, play chess, remove a tattoo, become a teacher, quit smoking, and more!

FABRIC LINK

www.FabricLink.com

While you can use the dictionary of terms to understand fabrics better, or cruise the shopping guide to learn about this year's hottest colors, the most useful part of Fabric Link is the spot remover guide.

TIPPING.ORG

www.tipping.org

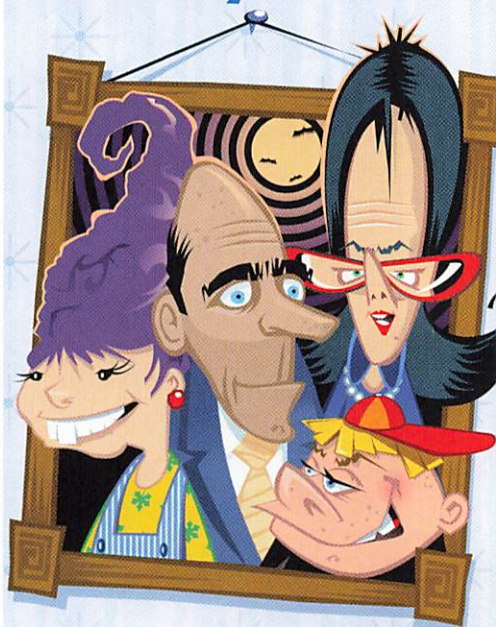
Bellhops, massage therapists, waiters, bartenders, bathroom attendants, slot machine changers, cabin stewards, baby sitters...who can keep track of what to tip them all? Use this service and deserving service people won't get shortchanged.

MEGA CONVERTER

www.megaconverter.com

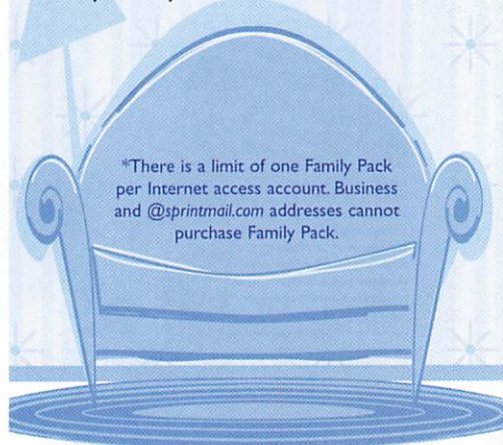
With more than 40 conversion categories, there's precious little you won't be able to change from "this" to "that." Convert kitchen measures (pints to cups, pinches to teaspoons), time (years to days, hours to seconds), and much, much more. ☺

EarthLink Family Pack



The Perfect Plan for Any Family

Family Pack* is a low-cost, family-friendly Internet plan. You'll receive five extra email boxes—each with a customizable *Start Page* and 6MB of webspace—all for only \$2 more per month. So, add a Family Pack to your EarthLink account and your family will thank you...in their own unique way.



*There is a limit of one Family Pack per Internet access account. Business and @sprintmail.com addresses cannot purchase Family Pack.

www.earthlink.net/familypack/

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Get Healthy, Stay Healthy

The Net can help you achieve your wellness goals



By KRISTAN GINTHER
Illustrations by DAN SIPPLE

Well, at least you have your health. Or do you? According to the National Center for Health Statistics, nearly one out of 10 Americans report that they are in fair to poor health. But if you are one of the 10, you're in luck. The Internet is an indispensable tool in the quest to become healthy and stay healthy. You can learn about everything from diseases to weight loss to health insurance.

However, the depth and breadth of health Web sites can be overwhelming. The place to begin your exploration of health on the Internet is your *Personal Start Page*SM (start.earthlink.net). *HealthSCOUT*, *HealthAtoZ*, and *The Health Network* are three medical and fitness news sources featured on your *Start Page*®.

If you want these headlines (as well as health headlines from *FOXNEWS.com* and *ABCNEWS.com*) on your *Start Page*, simply click on the *personalize* link in the *news headlines* area, and add one or all of them.

In addition to health news, *HealthSCOUT*, *HealthAtoZ*, and *The Health Network* are great general health references. Need a quick check-up? At *HealthSCOUT*, you can take the *7-Minute Checkup* to find out just how healthy you are. At the end of the test, you'll receive recommendations on how to improve your health. Want a more personalized approach to health? At *HealthAtoZ*, you can use *e-mate*, a personal health calendar and reminder service. Need round-the-clock reports on the world of health? *The Health Network* is the one-stop Internet site where doctors provide 24/7 health coverage.

Also, for your *Start Page's* Web channels, you can explore *About.com's* *Health/Fitness* site. There, you'll find links to hundreds of Web sites on different health topics, health news, chat rooms, and discussion groups.

To check out the latest health and wellness books, click the *Buy Books at Amazon.com* link on your *Start Page*. Once at *Amazon.com*, click on *Books* and then *Health, Mind & Body* for numerous healthy titles.

Finally, you can list your family's annual physicals and doctor's appointments in the *reminders* section of your *Start Page*. Click the *personalize* link in that section and enter the appropriate information.

Other Web sites that provide a wealth of general health information: *InteliHealth* (www.intelihealth.com), *HealthAnswers.com* (www.healthanswers.com), *HealthCentral.com* (www.healthcentral.com), *WebMD* (www.webmd.com), *Achoo* (www.achoo.com), *OnHealth* (onhealth.com), *Discovery Health* (www.discoveryhealth.com), and *drkoop.com* (www.drkoop.com). These sites provide valuable information and expert advice on a wide variety of health topics, including family health, mental health, alternative health, fitness, weight loss, nutrition, preventive medicine, and conditions and diseases.

Most also have *Find a Doctor/Physician* and *Ask an Expert* features, support groups, and chat.

For more specific wellness information, let's take a tour. Following are some of the top health categories on the Web, along with highlights about the best sites in each category. (When you're finished reading, don't forget to save your favorite health sites to your *Start Page* by clicking *personalize* in the *my links* area.)



Finding Safe Health Sites

Look for seals of approval

Use the Web sites on these pages as a starting point in your exploration of the health resources available online. The sites listed should not be taken as a medical endorsement by *bLink*. While surfing, be mindful to shop licensed pharmacies, examine solicitations for "miracle" pills, foods, exercises, etc., and look for licenses and accreditations for doctors, dentists, health and fitness gurus, diets, and alternative health claims. You can do this by checking for contact information, seals of approval from relevant health associations, and expert endorsements. Also, read *About.com's* "Tip Offs to Rip Offs" article (pharmacology.about.com/health/pharmacology/library/weekly/aa991110.htm), which details how to steer clear of online frauds and charlatans. Finally, online watchdogs, such as *Quackwatch* (www.quackwatch.com) and the *American Council of Science and Health* (www.acsh.org), may be helpful in determining the validity of online health information.

CONDITIONS AND DISEASES



It's not surprising that there are many Web sites dedicated to diseases such as cancer, heart disease, and diabetes. But what about Crohn's disease, fibromyalgia, and legionnaires' disease? You can find information on common afflictions and other lesser-known maladies with just a few clicks of your mouse.

According to studies from Johns Hopkins and Ohio State universities, last year 17 million Americans searched the Web for health and medical information. However, 70 percent of that information was wrong or misleading. To avoid becoming just another statistic, visit *Medinex* (www.medinex.com), which partners

with disease-specific organizations to provide safe, authoritative search results.

Refer to *Mediconsult's* (www.mediconsult.com) *Mediconditions* section for comprehensive information on more than 60 diseases. *Mediconsult* is the leading provider of independent, condition-specific information; the Federal Trade Commission lists it as one of the most reliable medical resources on the Web.

Other condition/disease-specific Web sites:

HealingWell.com (www.healingwell.com)

Healthy Lives (www.healthyvives.com)

The Wonderful World of Diseases!

(www.diseaseworld.com)

Yahoo's Disease and Conditions Directory

(dir.yahoo.com/health/diseases_and_conditions)

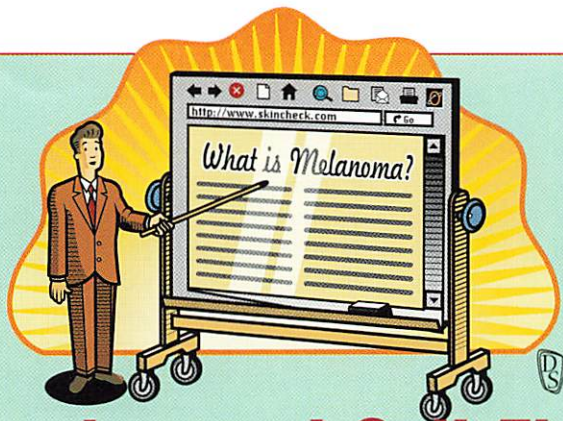
WEIGHT LOSS



The Internet can help you win the battle of the bulge. Get the skinny on how to lose weight and keep it off with these Web sites:

The Diet Channel (www.thedietchannel.com) provides over 600 links on weight loss, diet analysis, and nutrition. The *Diet Pill* and *Fad Diet* sections ferret out diets that are too good to be true. You can use the *Cool Tools* section to calculate your body mass index, ideal weight, and caloric needs, and find low-calorie recipes.

The Weight Directory (www.weightdirectory.com) is a central portal for information on weight-loss products and services (including books, diet supplements, personal trainers, software,



Stephen and Gail Fine

EarthLink members making a difference

On Memorial Day weekend 1996, Daniel Fine traveled home to Peabody, Massachusetts to visit his parents, Stephen and Gail Fine. During his stay, his parents noticed a large, dark brown mole on his lower back and told Daniel to seek medical attention. Daniel visited his dermatologist, and the mole was removed about a week later. When his dermatologist informed him that the mole was late-stage melanoma, Daniel and his parents did not realize that Daniel had just been handed a death sentence. Daniel went through two years of grueling and painful treatments, but eventually succumbed to the disease in October 1998. He was 26 years old.

In response to this tragedy, the Fines did something remarkable. They started the Melanoma Education Fund (MEF) (www.skincheck.com), a Web site dedicated to the early detection of melanoma. *bLink* interviewed EarthLink member Stephen Fine about his Web site and his crusade to educate the public about melanoma.

bLink: What is the MEF?

Stephen Fine: It is a nonprofit public service organization whose goal is increasing melanoma awareness and the importance of early detection, especially among adolescents and young adults.

bLink: How does the Internet aid in spreading the word on health topics?

SF: The Internet makes it much easier because printed literature is prohibitively expensive to produce and mail. We have no fundraising activities as of yet. So, without the Internet, it would have been impossible for us to reach a significant number of people. But the Internet alone is not enough. Most people don't surf the Internet looking for serious diseases they might get; they need to be urged to visit important health sites.

bLink: How has your site been received by health experts?

SF: The National Cancer Institute (www.nci.nih.gov), American Academy of Dermatology (www.aad.org), and several others have added links to our site.

bLink: What other melanoma and/or health-related Web sites can you recommend?

SF: Our site focuses primarily on early detection and secondarily on prevention. There are sites that focus on sun safety and on melanoma treatment. Links to the best of these are provided in the *Additional Information* section of our site.

bLink: Do you have any success stories?

SF: We have heard from several people whose lives were probably saved by visiting the site. The earliest was a high school classmate of Dan who, after reading about the site in a local newspaper, visited it. After checking his skin, he noticed three suspicious moles. A dermatologist removed them and told him they were premalignant (in danger of becoming cancerous). Because of his excellent timing, the moles pose no further problem.

bLink: Is there anything else you would like to add?

SF: There are two types of melanoma patients: the ones who catch it early and survive and everyone else.

and videos), support groups, and health e-zines. The Kids & Teens section is especially helpful for links on child weight management.

Other weight-loss Web sites:

Calorie Control Council (www.caloriecontrol.org)

The Weight-Loss Zone (www.freeweightloss.com)

Weight Loss Village (www.naturalland.com/wlv.htm)

FITNESS

Want to get in shape? It's easier than you think, with the aid of the Web. From aerobics to weight training, these sites focus on what you can do to get your heart pumping.

At *Gymamerica.com* (www.gymamerica.com), an exercise specialist plans a workout routine specifically for you and answers all of your fitness questions. Best of all, this service is free! In the *Superstars* section, sports celebrities such as baseball players Jeff Bagwell and Ivan Rodriguez, hockey players Brian Leetch and Ted Donato, and football players Ron Dayne and Dorsey Levens, share their fitness regimens and give tips on technique.

The number-one killer in America is heart disease, and lack of exercise increases your odds of developing it. The American Heart Association believes that you can lower these odds if you *Just Move* (www.justmove.org). At this site, find out the latest fitness news, get expert fitness advice, start an exercise diary, or join a *CyberTeam*.

Other fitness Web sites:

fitnow.com (fitnow.com)

GetFit.com (www.getfit.com)

Cyberpump! (www.cyberpump.com)

World Fitness (www.worldfitness.org)

American Council on Exercise (acefitness.org)

Asimba.com (www.asimba.com)

Fitness Online (www.fitnessonline.com)

FitnessLink (www.fitnesslink.com)

Men's Fitness (www.mensfitness.com)

After checking out these fitness sites, visit stores such as Gear.com, REI, JustBalls.com and Sport Chalet in *The Mall* (themall.earthlink.net) for all your fitness product needs. Simply click on *Sports & Fitness*, then *Sports Equipment*.

Weight loss and fitness are interrelated and are sometimes treated as the same topic online. Web sites that do an excellent job of comprehensively covering both include *Shape Up America!* (www.shapeup.org), *phys* (www.phys.com), *Cyberdiet* (www.cyberdiet.com), and *eFit* (www.efit.com).

FAMILY HEALTH



Whether you're male or female, a child, teen, young adult, baby boomer, or senior (or a combination thereof), there are Web sites that contain advice and information specific to you. Two Web sites are notable for covering health issues for people at every stage in life: *HealthGate* (bewell.healthgate.com) and *adam.com* (www.adam.com).

HealthGate is an incredible resource for people of all ages. Each *Health Center* contains gender- and age-specific information on conditions, fitness, nutrition, and sexuality. Also, check out the *Feature of the Week*—timely articles about subjects that concern you.

At *adam.com* (www.adam.com), the *Children's Health* section addresses childhood obesity, behavior and development, eating and nutrition, genetics, and procedures and tests. Life changes, pregnancy, and health and beauty are among the topics covered in the *Women's Health* section. And you'll learn about infertility, hypertension, and cosmetic concerns in *Men's Health*.

Here are several other Web sites specific to gender and age.

Women's Health

Woman's Diagnostic Cyber (www.wdxcyber.com)
The National Women's Health Information Center (www.4woman.gov)
Estronaut: A Forum for Women's Health (www.womenshealth.org)
Women's Health Interactive (www.womens-health.com)

Men's Health

The Male Health Center (www.malehealthcenter.com)
4HealthyMen.com (4healthymen.4anything.com)
Men's Health (www.menshealth.com)
Guyville.com: Men's Health (www.guyville.com/menshealth/)

Senior Health

Seniors.com: Health (www.seniors.com/health)
HealthandAge.com (www.healthandage.com)
Senior.Com: Health (www.senior.com/health)
SeniorWorld Online (www.seniorworld.com)

Children and Teens

think (www.teenhealthnet.com)
KidsGrowth.com (www.kidsgrowth.com)
Benny Goodsport (www.bennygoodsport.com)
KidsHealth.org (kidshealth.org)

continued ►



Alternative Healthcare:

Is It the Right Alternative for You?

Do you suffer from headaches? What about lower back pain? If so, you've probably taken your fair share of pills. But, have you ever considered homeopathy or acupuncture? For almost every condition and disease in the world, there are traditional and alternative treatments. Most Americans are familiar with traditional (a.k.a. Western) medicine. You get sick, go to a doctor, and take a pill to treat the illness. Alternative health includes techniques and practices—such as acupuncture, massage therapy, Rolting, and homeopathy—that fall outside the Western medical tradition.

For a general overview of alternative healthcare, the following Web sites are helpful: *OnHealth* (www.onhealth.com/alternative/home/), *Ask Dr. Weil* (www.pathfinder.com/drweil), *Natural Health and Longevity Resource Center* (www.all-natural.com), and *The Natural Pharmacist* (www.tnp.com). These sites discuss alternative health treatments and news, the use of herbs and vitamins in alternative health, and alternative health products and services.

TYPES OF ALTERNATIVE HEALTHCARE

Below are popular alternative health practices and a general Web site for each:

Acupuncture: Based on ancient Chinese medical discipline, acupuncture is the insertion of thin needles at various points on the body for the prevention or treatment of illnesses. *American Academy of Medical Acupuncture* (www.medicalacupuncture.org).

Ayurvedic Medicine: Prevention is the central tenet of Ayurvedic medicine, maintaining health by balancing your mind, diet, and lifestyle. *Ayurvedic Resource List* (www.ayur.com/practitioner/).

Biofeedback: This treatment relies in the power of the mind. Through biofeedback training, you can learn to control automatic physiological functions such as breathing, digestion, blood pressure, etc. *The Biofeedback Network* (www.Biofeedback.net).

Chiropractic: This joint and spinal therapy is especially helpful for treatment of chronic back or neck pain. *YourSpine* (www.yourspine.com).

Homeopathy: Through the use of diluted herbal solutions, homeopathy stimulates your body's natural healing processes. *Homeopathy Home* (www.homeopathyhome.com).

Massage Therapy: There are numerous types of massage techniques, which treat back and neck pain, minor sports injuries, and headaches. These techniques can also be used to reduce stress and tension. *Massage Bodywork Resource Center* (www.massageresource.com).

Naturopathy: Through the use of herbs, diet supplements, and vitamins, naturopathy provides natural remedies to minor ailments. *Naturopathic Medicine Network* (www.pandamedicine.com).

Rolfing: Using deep-tissue massage, Rolfing is intended to improve your mental and physical health. *The Rolf Institute* (www.rolf.org).

CHECKOUT FATBOY SLIM. >> CHECKOUT LYLE LOVETT. >> CHECKOUT HOLE. >>

CHECKOUT MILES DAVIS. >> CHECKOUT FREE DIGITAL DOWNLOADS. >>

CHECKOUT GREEN DAY. >> CHECKOUT CELINE DION. >> CHECKOUT THE

CHEMICAL BROTHERS. >> CHECKOUT NUSRAT FATEH ALI KHAN. >>

CHECKOUT PINK. >> CHECKOUT EDITOR'S PICKS. >>

CHECKOUT JOHN COLTRANE. >> CHECKOUT ERYKAH BADU.

>> CHECKOUT U2. >> CHECKOUT LEANN RIMES. >>

CHECKOUT LIVE CHATS + PERFORMANCES. >>

CHECKOUT ANDREA BOCELLI. >> CHECKOUT

AEROSMITH. >> CHECKOUT VINCE GILL. >>

CHECKOUT CONTESTS + GIVEAWAYS. >>

CHECKOUT THE BEATLES. >> CHECKOUT BECK. >>

CHECKOUT JEWEL. >> CHECKOUT JANE'S ADDICTION. >>

CHECKOUT MOBY. >> CHECKOUT BROADBAND. >>

CHECKOUT DAVID BOWIE. >> CHECKOUT MADONNA. >>

CHECKOUT MUSIC.

WHEREHOUSE
MUSIC

 **CheckOut.com**
The Entertainment Network

NOW AVAILABLE ON YOUR
PERSONAL START PAGE <http://start.earthlink.net>

ParentsPlace.com (www.parentsplace.com)
virtual pediatrician
(www.prevention.com/children/remedies/)

PHARMACIES

Online pharmacies are relatively new, so consumers are wise to be careful. On the plus side, most pharmacies offer privacy, convenience, and cost-effectiveness. But on the negative side, some sites, known as "rogue sites," sell unapproved products and/or sidestep customer safeguards.

There is a way to protect yourself—visit the National Association of Boards of Pharmacy's Verified Internet Pharmacy Practice Sites (www.nabp.net/vipps/intro.asp), which certifies online pharmacies. A certification from VIPPS means that the pharmacy is licensed and in good standing in all 50 states.

Two VIPPS accredited pharmacies—*drugstore.com* (www.drugstore.com) and *PlanetRx* (www.planetrx.com)—are conveniently located at The Mall (themall.earthlink.net). Simply click on the Health & Beauty link, then click on Health.

Other VIPPS-accredited online pharmacies: *CVS/pharmacy* (www.cvs.com)
familymeds.com (www.familymeds.com)

PHYSICIAN AND DENTIST LOCATORS

Want to find a doctor or dentist—fast? At many sites listed below, just enter your address, and you can get a listing of local physicians. *American Medical Association Physician Select* (www.ama-assn.org/aps/amahg.htm) provides names, addresses, education, and abbreviated resumes on over 650,000 licensed physicians. Need a dermatologist? Allergist? Gynecologist? Use the *Physician Specialty* search engine to find a specialist near you.

With *DentistryOnline.com's* (www.dentistryonline.com) dentist locator, you can not only search for dentists, but also oral surgeons, orthodontists, pediatric dentists, periodontists, and prosthodontists. You can further narrow your search by specifying whether you prefer a male or female dentist and the hours that are most convenient for you.

Other physician and dentist locators:
I-800-DOCTORS.com
(www.I-800-doctors.com)
Smileworks (www.smileworks.com)

HealthStreet (www.healthstreet.com)
LocateADoc.com (www.locateadoc.com)
Med Locator (www.medlocator.com)

HEALTH INSURANCE

Health insurance can be tremendously expensive. One way to cut health insurance costs is to compare rates and coverage online.

If you are looking for health insurance for yourself, your family, or small business, *eHealthInsurance.com* (www.ehealthinsurance.com) should be your first stop. There, you can get instant price quotes from leading health insurance providers, compare plans and prices, and even apply online if you find a winning plan. At *HealthAxis.com* (www.healthaxis.com), you can get quotes, compare plans, ask questions of health insurance advisors, and learn about PPOs (Preferred Provider Organizations).

Other health insurance Web sites:

4HealthInsurance.com
(4healthinsurance.4anything.com)
InsWeb (www.insweb.com)
insure.com (www.insure.com/health)

HEALTH ORGANIZATIONS

There are many health organizations and government agencies whose mission is to help you make informed decisions about your health. The U.S. Department of Health and Human Services (www.hhs.gov) is a prime example. There, you can link to *healthfinder* (www.healthfinder.gov), which is a gateway to reliable consumer health information on the Internet. You'll be amazed at how many topics are covered on this site, and the vast amount of reliable Web sites provided for each one.

At the United Nations' World Health Organization (www.who.int), you can stay abreast of worldwide health concerns and learn what immunizations and vaccines to get before you travel.

Other health organization Web sites:

U.S. Food and Drug Administration (www.fda.gov)
U.S. Department of Agriculture (www.usda.gov)
American Medical Association
(www.ama-assn.org)
The Cooper Institute (cooperinstitute.org)

For more Web-based health resources, read the online version of this article (www.earthlink.net/blink/jun00/cover.html). ☺

Small investment Big return



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Visit: www.earthlink.net/business/hosting/startersite/

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Protecting Against Email Viruses

Learn how to avoid infections from attachments

Sending and receiving email attachments is one of the most convenient ways to share everything from photos and word-processor documents to small programs with other Net users. Unfortunately, attachments are also becoming a common method for transmitting computer viruses (and other malicious computer codes, such as "worms" and "Trojan horses"). If you open an "infected" document or run an infected program attached to an email message, you can alter, damage, or destroy important data on your hard disk.

FOR BEGINNERS

This story assumes you know the basics of sending and receiving email attachments. If you're new to the subject, visit www.earthlink.net/internet/email/attachments/. To learn more about viruses, go to www.earthlink.net/internet/security/virus/.

The impulse to open an email attachment can be so automatic that you might not stop to think of the risks. But if you keep in mind that email-borne viruses can cause serious problems, you're already on your way toward learning how to handle email attachments cautiously. This tutorial helps you take the next few steps, outlining practical strategies you can use to reduce your risk of damaging your computer.

HOW EMAILED VIRUSES INFECT COMPUTERS

In almost all cases, an infected email attachment can't compromise your system if you simply open and read the message that contains the attachment. Email messages themselves are safe to open and read. The potential danger lies in the *attachment itself*, which you have to actively open to infect your computer. (One exception to this rule is a worm called Bubbleboy, which can infect some Windows users running Microsoft Outlook or Outlook Express with Internet Explorer 5. Microsoft has released a patch at www.microsoft.com/msdownload/iebuild/scriptlet/en/scriptlet.htm that you can down-

load and install to remove this so-called "scriptlet.typelib/Eyedog" vulnerability.)

Windows users are particularly susceptible to viruses. This is partly because virus creators are eager to spread their handiwork to the largest possible number of computer users. Windows' ubiquity in the computing world makes it the platform of choice for virus creators. Macintosh users are also susceptible to viruses sent via email, but to a much lesser degree.

Regardless of your platform, you should always evaluate whether you should open an email attachment at all and, if you decide to do so, what precautions you should take.

TO DELETE OR NOT TO DELETE

The first thing to decide after you read an email message containing an attachment is whether or not you want to deal with the attachment at all. Given the very real risk of an infection, especially if the message is not from a sender you know, you might be better off simply deleting the message and its attachment immediately. Even if you receive an attachment from someone you know and trust, it's possible that the person sent you an infected file unwittingly; some viruses, like the much-publicized Melissa, can actually email *themselves* to people listed in someone's address book without the sender's knowledge.

Beware of any email message that encourages or urges you to open the files attached to it, particularly if you were

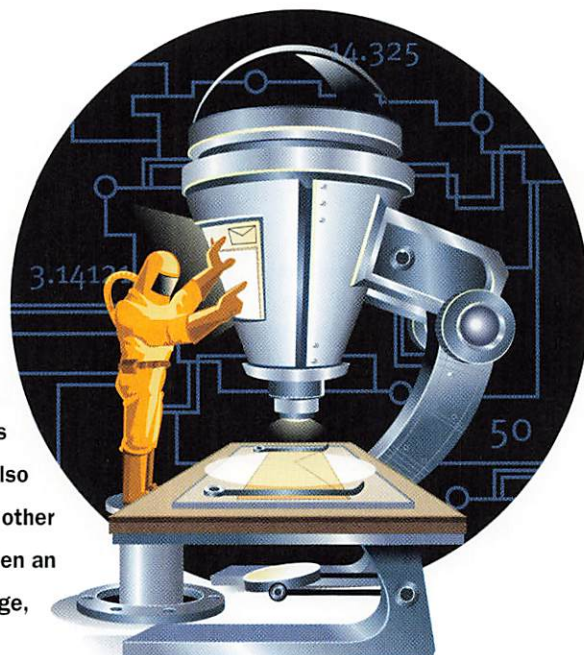
not expecting the files in the first place. Many of these messages use casual, deceptive language (e.g., "Here is the document you requested.") to fool you into opening attachments.

USE ANTIVIRUS SOFTWARE

If you decide that you do want to open an attachment, first make sure that (a) you have an antivirus program installed on your computer and (b) you've downloaded and installed the latest virus updates from your antivirus software's manufacturer. Keeping your antivirus software up to date is as important as having antivirus software in the first place. New viruses appear on the Net frequently, and updating your software allows it to recognize them. Many antivirus programs scan email attachments automatically and alert you if you're dealing with an infected file.

Here's a list of download pages that offer demo versions and updates for several popular antivirus programs:

-   Norton AntiVirus Demo
www.symantec.com/nav/indexA.html
-   Norton AntiVirus Updates
www.symantec.com/avcenter/download.html
-  McAfee VirusScan/Clinic Demo
download.mcafee.com/eval/evaluate.asp
-  McAfee VirusScan/Clinic Updates
download.mcafee.com/updates/updates.asp
-  Trend Micro PC-cillin Demo
www.antivirus.com/pc-cillin/download/



-  Trend Micro PC-cillin Updates
www.antivirus.com/pc-cillin/pattern.htm
-  F-Secure Anti-virus Demo
www.datafellows.com/download-purchase/
-  F-Secure Anti-virus Updates
www.datafellows.com/download-purchase/updates.html

SAVE ATTACHMENTS, DON'T OPEN THEM

Once you're certain that your antivirus software is updated, save the attachment to another location on your hard disk *without opening it*. Follow the steps below for your email program to save an attachment without opening it:

EarthLink 5.0 MailBox

1. Click the message once in your *Inbox* to highlight it.
2. Click the *Attachments* button that appears above the preview pane (the area that displays the text of the email message).
3. In the menu that appears, select the name of the attachment you want to save.
4. Select *Save this attachment* and click *OK*.
5. Select a folder on your hard disk and click *Save*.

Microsoft Outlook Express

1. Click the message once in your *Inbox* to highlight it.
2. Click the paper clip icon that appears above the preview pane (the area that displays the text of the email message).
3. Select the name of the attachment from the menu that appears.
4. Select *Save it to disk* and click *OK*.
5. In the dialog box that appears, double-click a folder on your hard disk and click *Save*.

Microsoft Outlook Express

1. Click the message once in your *Inbox* to highlight it.
2. Go to the *Message* menu, select *Save Attachments*, and choose *All*. (In some versions of Outlook Express, you simply select *Save All Attachments* from the *Message* menu.)
3. Select a folder on your hard disk and click *Select "[name of folder]"* or *Choose*.

Netscape Messenger

1. Click the message once in your *Inbox* to highlight it.

continued ►

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2. In the preview pane (the area that displays the text of the email message), click the paper clip icon to display the attachment pane.
3. Right-click the attachment in the attachment pane (if you use a Mac, click and hold down your mouse button) and select *Save Attachment As*.
4. In the dialog box that appears, double-click a folder on your hard disk and click *Save*.

SCAN THE ATTACHMENT

After you save an attachment, your antivirus software may automatically alert you if the file is infected; many antivirus programs install a background scanner that automatically scans newly created files on your hard disk.

To be safe, however, scan the file manually, as well. Find and open the folder into which you saved the attachment, but do not double-click the attachment. Instead, scan it with your antivirus software. The method for scanning a file varies from program to program, so consult your virus program's documentation. If you're a Windows user, some programs let you right-click the file once to display your Windows context menu, which lets you select a virus-scanning option.

If your software detects that the file is infected, it may give you several options, such as "cleaning" the file or deleting it. If you don't believe the file is very important, simply delete it to be safe (and make sure to

delete the originating message). Otherwise, use your software's clean function to try to remove the virus from the file. Then, do one more scan to double-check it.

KEEP UP WITH VIRUS NEWS AND WARNINGS

One of the best defenses against viruses is to stay informed. There are several useful Web sites that track new email-borne viruses and provide news alerts and tips for dealing with them. Checking with these sites periodically can help you recognize suspicious attachments if you receive them.

Symantec AntiVirus Research Center

www.symantec.com/avcenter/

McAfee Virus Information Library

vil.mcafee.com

F-Secure Computer Virus Info Center

www.datafellows.com/virus-info/

You can also use these sites to help you sift through the many virus warnings that circulate via email on the Net. These messages often warn of new viruses and urge you to forward the news to others. Despite the fact that many of these warnings are hoaxes, they enjoy wide distribution online, because many Net users don't know how to verify the warnings. Before you forward a virus warning to anyone, look up the virus in question using one of the sites listed above. You might save a lot of other Net users time and trouble. ☺

—Dinos Lambropoulos



You've Got Online Help

*Electronic Support LiveChat
Supervisor James C. Jones II*

When you call EarthLink and take advantage of our award-winning technical support, you are greeted by a friendly, knowledgeable support agent. Now, when you log on to your *Personal Support Center* (support.earthlink.net), you can chat with the very same support experts—only instead of picking up the phone and waiting, you'll have access right on your computer screen. EarthLink's *Support by Chat* is one more way we are here to help.

How does this type of support work? It's just a matter of a few mouse-clicks. (Of course, if you are having trouble connecting to the Net, it's better to call.) Log onto EarthLink and head to support.earthlink.net, then scroll down the page and click the *Support by Chat* link. From there, enter a login name (any name), and a small, personal chat window will appear. Voilà—your very own live support technician! Unlike other chat environments, there are only two people here—you and the tech support agent.

When should you use *Support by Chat*? Anytime you have a question.

Have a question about Internet Explorer, Netscape, or EarthLink 5.0? Ask us. Having problems configuring your email program? We'll help. EarthLink has many subscribers, each with systems tailored to their own needs. Because of the diversity in systems, software, and computers, *Support by Chat* agents are trained to answer almost any question about the different elements of your system and how they relate to your Internet experience. So, don't wait, log on and get help.

Tips for Using Email Away from Home

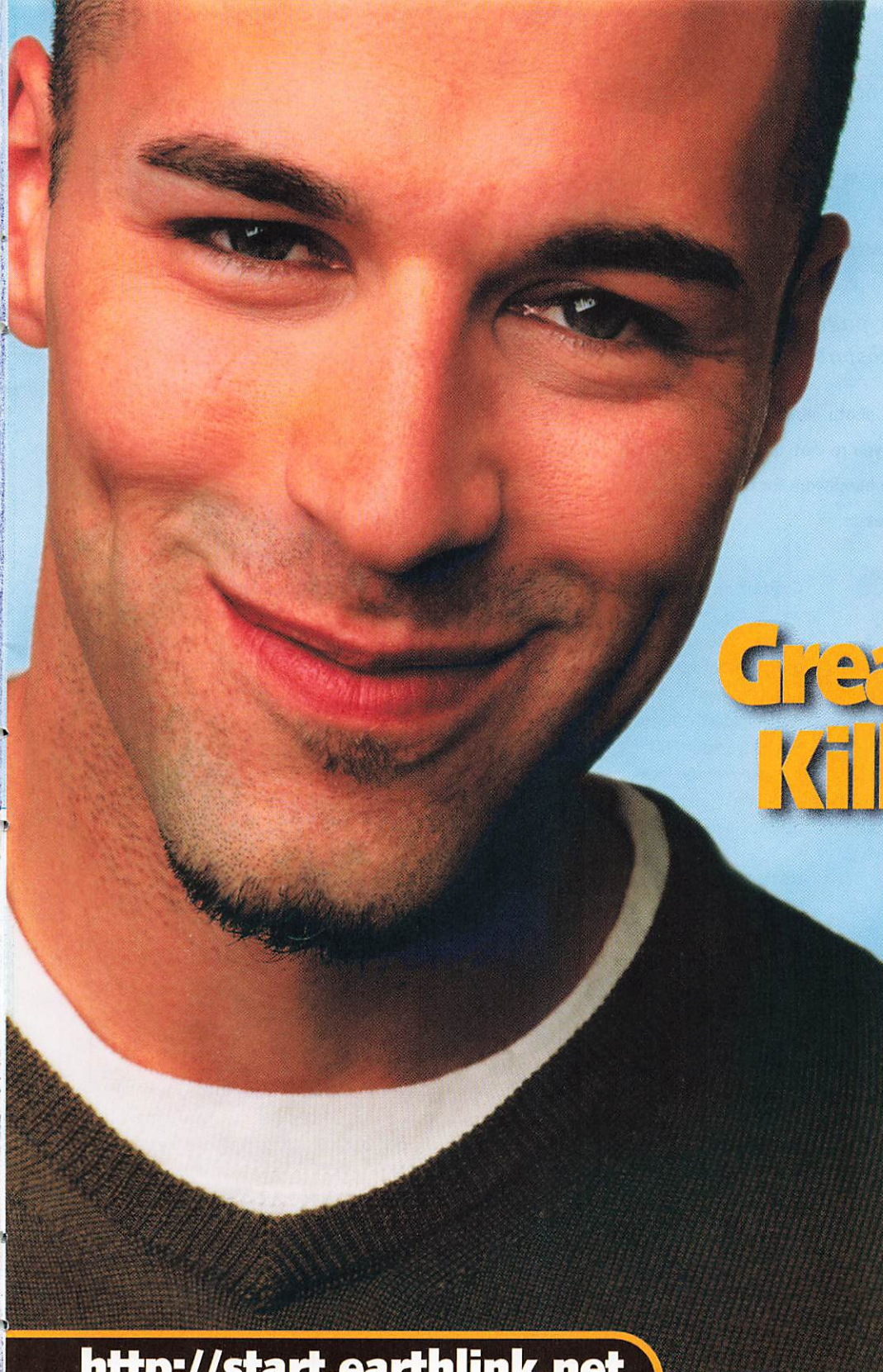
Get more out of WebMail with these pointers

Any EarthLink member who has tried our WebMail service knows how convenient it is to check email while you're away from home. You can access WebMail by clicking *Use WebMail* in the upper-left corner of your *Personal Start Page* or by going directly to webmail.earthlink.net. (If you're new to WebMail, read our tutorial at www.earthlink.net/blink/feb00/psptip.html.) A few tips to help you get more out of WebMail:

Finishing messages later—If you don't have time to finish writing a message, click the *Save in Drafts Folder* button. To resume writing the message later, click the *Drafts* link in the left column and click the subject line of the message you want to continue.

Creating new mail folders—WebMail starts you off with four default folders, which are listed under the *Folders* link in the left column. If you'd like to create your own folders to better organize your mail, click the *Folders* link. Then, click the *Add* button, enter a name for the folder, and click *OK* (or click *Add Another* to create more folders).

Deleting mail on the server—By default, WebMail leaves your messages on EarthLink's mail server. This allows you to download the same messages using your regular email software when you get back home. If you don't want to download those messages again at home, you can tell WebMail to delete them from the server. Click the *Options* link in the left column, and then click *Settings*. In the section labeled *After downloading email*, select *Leave mail on server*, and click *OK*.



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Then click on "Careers"



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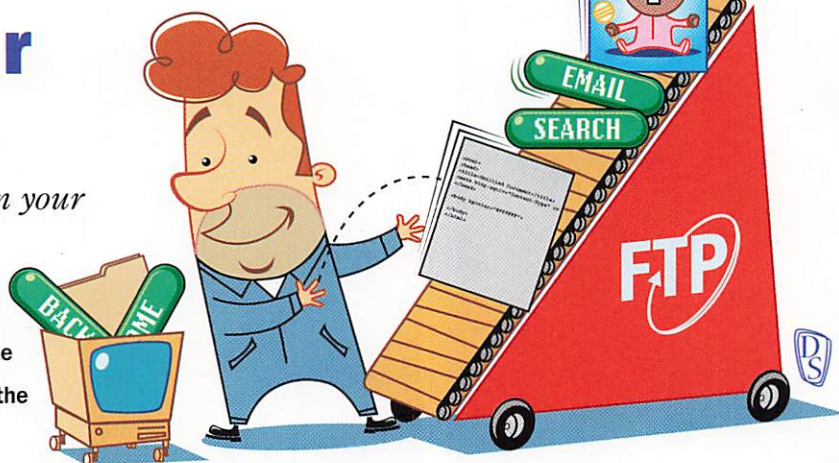
Enter
←



Publishing Your Site with FTP

Learn how to transfer your pages from your computer to your 6MB webspace

Once you've created that online photo album, resume, or other Web page, you're not quite done. The final step is to publish your handiwork for the world to see. That's where FTP comes in.



NEW TO HTML?

This tutorial assumes you have a basic knowledge of Web-building terms and have your own Web page. For basic HTML assistance, visit the Web Site Workshop (www.earthlink.net/internet/workshop/).

FTP stands for File Transfer Protocol, a method computers use to exchange files over the Internet. You use FTP to put your HTML documents, graphics, photos, and other files on your free 6MB webspace.

The information in this tutorial is aimed primarily at EarthLink members who build their Web pages from scratch using a text or HTML editing program. But even those who use EarthLink's free online Web page builder, *Click-n-Build*, can use FTP to better manage their sites.

Note: Before you can use your 6MB webspace, you must sign up for it at www.earthlink.net/benefits/6mb.html or sign in to *Click-n-Build* at hometools.earthlink.net.

COMMON FTP TASKS

Our tutorial deals primarily with the tasks you'll find yourself doing repeatedly when you use FTP with your 6MB webspace:

Uploading: "Uploading" means transferring files or entire folders from your computer to your webspace. The moment you upload a file to your webspace, it becomes available for anyone on the Web to see.

Deleting: It's a good idea to delete unused files from your webspace to save space.

Organizing: Arranging the files on your webspace into folders (or "directories") makes site management easier. FTP programs let you create folders and move files into them. You can even create folders within folders. After reorganizing, remember to change your HTML pages' links to point to the new page locations.

In the following sections, we'll also describe a few other useful FTP functions.

USING EARTHLINK 5.0 WEBSITE

WebSpace is the FTP program built into our EarthLink 5.0 software for Windows 95/98 (www.earthlink.net/e5/). Click the WebSpace button in EarthLink 5.0 to launch WebSpace.

The WebSpace window is divided into two panes. The left pane, labeled *My Computer*, shows the files on your hard disk. The right pane, labeled *My EarthLink WebSpace*, displays the files on your 6MB webspace.

Uploading:

1. Use the *My Computer* pull-down menu to select the disk on your computer that contains your Web site files (typically the C: drive or your Desktop).
2. Find the files you want to upload in the pane below. To explore a folder's contents, double-click it. To move up a level in the hierarchy of folders on your disk, click the folder icon containing the upward-pointing arrow.
3. Click once on the file or folder you want to upload (select multiple files or folders by holding down the **Ctrl** key as you click).

4. Click and drag the highlighted files into the *My EarthLink WebSpace* pane, or click the small right-arrow button between the *My Computer* and *My EarthLink WebSpace* panes.

Deleting:

1. Click the folder or file you wish to delete in the *My EarthLink WebSpace* pane.
2. Click WebSpace's **Delete** button.

Organizing:

1. Click anywhere within the *My EarthLink WebSpace* pane.
2. Click WebSpace's **New Folder** button.
3. Type a name for the folder and hit **Enter** on your keyboard.
4. Click and drag files into the new folder.

Synchronizing: WebSpace's synchronization feature can save you time when you need to upload multiple files to your 6MB personal webspace. If you have an exact copy of your entire Web site in a folder on your hard disk, WebSpace can use this copy to quickly update the files on your webspace:

1. Under *My Computer*, find the folder on your hard disk containing your Web site files. Double-click the folder to display the files and folders inside.
2. Under *My EarthLink WebSpace*, use the pull-down menu to select the URL of your site (home.earthlink.net/~username). This ensures that you are inside your site's topmost directory.

3. Click the synchronize button (the one with two yellow folders), located between the *My Computer* and *My EarthLink WebSpace* panes.
4. Click OK.

CLICK-N-BUILD

Whether or not you use *Click-n-Build* to create your Web pages, you can use *Click-n-Build's* built-in FTP feature to manage your 6MB webspace.

Generally speaking, *Click-n-Build* users don't need to learn to upload pages, because *Click-n-Build* does this automatically when you click the *Publish* button. But you can use the FTP function to clear away any old files on your webspace. *Click-n-Build* can also come in handy if you're away from your home computer and wish to update your site. Use any Net-connected computer to browse to www.earthlink.net/clicknbuild/ and log on. You will need to enter a few preferences and choose a page template (you'll only have to do this once). Don't worry about overwriting the current files on your 6MB webspace; that won't happen unless you click the *Publish* button.

To begin, click the *Site Maintenance* button in the *Click-n-Build* toolbar. When the *Site Maintenance* page appears, the *Website Explorer* section displays a list of the files and folders on your webspace. Click the name of a file to view it, or click a folder name to view files within that folder.

Uploading:

1. Click the upload button (the button with two folders connected by a red arrow).
2. In the *File Upload Wizard*, click any one of the *Browse* buttons.
3. Use the dialog box to locate and highlight the file you want to upload, and then click *Open*. The name of the file should appear in the text field beside the *Browse* button you clicked.
4. To upload more files, click another *Browse* button for each file.
5. Click the *Finished* button in the *Click-n-Build* toolbar.

Deleting:

1. Locate the file or folder in the *Website Explorer* section.
2. Click the trash can icon to the left of the file or folder.

3. In the delete confirmation page that appears, click *Yes* if you are deleting a single file or click the trash icon next to the message *Delete this Folder?* if you are deleting a folder.

Organizing:

1. Click the new-folder button (the button with the single yellow folder and red asterisk).
2. Enter a name for the folder in the *New Folder Name* field.
3. Click the *Finished* button.

Creating and editing Web pages: In addition to managing all the files and folders for your web site, the *Site Maintenance* page lets you create new files or edit existing files directly on your 6MB EarthLink webspace:

1. Click the new-file button (the page icon with the red asterisk) to create a new HTML page, or click the edit button (the page icon with the pencil) next to an existing page.
2. If you're creating a new file, enter a document name in the *Create New File* field.
3. Use the text box to add new HTML code or to edit existing code.
4. Click the *Finished* button.

Checking your available webspace: Yet another useful feature of the *Site Maintenance* page is that it lets you check how much of your 6MB webspace you've used. The information appears in the *Website Totals* section of the page (if you don't see this section, click the small gas-gauge button to display it).

THIRD-PARTY FTP PROGRAMS

Your FTP options aren't limited to EarthLink's tools. There are many high-quality FTP programs available on the Net for both Windows and Mac systems. If you decide to download and use one of these programs, you will need to configure it before you can use the program to access your 6MB webspace. For details about what settings you will need to make—and to explore links to popular third-party FTP programs—see the online version of this article at www.earthlink.net/blink/jun00/workshop.html. ☺

—Dinos Lambropoulos

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Stan the Man

The father of Spidey casts a new Web!

BY MELINDA VIREN

When we find our hero, he's gazing at a computer screen, transfixed by the images and colors before him. The monitor is saturated with the soot-soaked grays, the rain-washed blues, and the delicious purples that could only belong to the palette of master comic book creator Stan Lee. The sounds of a whispering wind and a mysterious tune come through the speakers. A gravelly voice speaks, "Only desperate men walk the city when it wears darkness and fog like a tattered garment."

And so, we're introduced to Lee's new Web series, *7th Portal*, for the first time. And we are assured, blessedly assured, that Lee hasn't sold out to technology, but has made technology a slave to his powers.

It should come as no surprise, for Stan Lee is no mere mortal. His name, along with that of Marvel Comics, graces more than 35 million comic books every year. His credits include *Spider-Man*, the *Fantastic Four*, the *Silver Surfer*, and *Dr. Strange*. He brought *The Incredible Hulk* to TV and this summer will put the *X-Men* in movie theaters worldwide. If there was any doubt that he would conquer cyberspace, reassurance came like a thunderclap when Stan the Man (as he's affectionately known) launched *7th Portal* at www.stanlee.net. The stampede of fans hungry for a new team of superheroes crashed Shockwave.com's servers.

7th Portal Web casts—edgy, cliffhanger-type weekly installments of 7-10 minutes—feature six young Web surfers from around the globe. The story is hip and the art is brilliant. But if for some reason it's not your bag, there is plenty of other entertainment to be had at Stan's site, including other strips from around the world, a secret club, and a shop.

We talked with Stan the Man about his new site, paper comics, and bringing Spidey to life.

bLink: Oh my God! You're Stan Lee!

Stan Lee: Hello!

bLink: More than 2 billion of your comic books have been published and your characters are the most recognized in the world. But you aren't as famous as Spider-Man. Do you ever get jealous of your character's fame?

SL: No, I'd rather that Spider-Man be the more famous one... I like to go to a restaurant and have dinner undisturbed!

bLink: Unlike many other pen-and-ink artists, you've approached cyberspace with great gusto. Why do you love the Web so?

SL: Because the Web is or will be the most important medium of entertainment and information the world has ever known. It's hard for me to contain my excitement when I realize that I have the opportunity to create and present a fantastic new method of visual storytelling.

bLink: *7th Portal* seems like a cross between a computer game and a comic book. The heroes are beta testers and carry PDAs (Personal Digital Assistants). Why so heavy on the "geek speak"?

SL: We're heavy on the "geek speak" because we try to go where the hip kids are.

bLink: Do you have a favorite Marvel Comic?

SL: They are all my favorites!

bLink: What about your favorite *7th Portal* character?

SL: I hate to admit it, but I'm really partial to our main supervillain, *Mongorr the Merciful*—as he unblushingly calls himself. I can't understand it. Here I am, the epitome of nobility, virtue, and goodness—and yet, I really dig those bad guys.

bLink: Do you have any plans to survey your cyberaudience to direct the future of the *7th Portal*?

SL: We never do surveys. I just write to please myself!

bLink: Shockwave downloads can't be "collected" like comic books. Does this bug you?

SL: No, nothing bugs me. I'm "unbuggable."

bLink: Do you see a point where there won't be print comics—where they'll just be on the Web?

SL: No, I think that there will always be printed comics.

bLink: There have been delays bringing Marvel Comics to the screen. Do you think the Internet can help bring these characters to life because Hollywood is so slow?

SL: Actually, virtually all of our characters are under development for major motion pictures. It took a while, but we're finally on a roll.

bLink: Well, we can't wait to see *X-Men* this summer, and *Spider-Man* in 2001. Thanks for chatting with us!

SL: Excelsior! ☺



HANDS ON

PSP Tip

Use the Home Office to Your Personal Advantage

Send a letter, get a fax, and back up important files

Perhaps you've seen your *Personal Start Page*SM home office feature (it's usually located at the bottom of your page), but never really used it before. Well, you've been missing out! The home office is for everyone who uses a home computer, whether it's for business or personal use. The services offered there can help you manage all kinds of communications more efficiently, get hip to new, popular software, and keep your important data safe.

E-STAMP LICKS THE POST OFFICE

With easy-to-use, downloadable postage from E-Stamp you may never have to stand in line at the post office again. Here's how it works. Windows users*, click the *Print Postage* link located in the home office feature. From the E-Stamp site, order the setup kit, which includes an E-Stamp

software CD, a special "electronic vault" that stores the postage you buy (this secure device attaches to the back of your PC), a CD that will help you locate thousands of addresses right from your hard drive, and a bonus supply of Avery labels to print postage on. Whenever you want to buy postage, connect to your *Start Page*, and



download it into the electronic vault. Once the postage is downloaded, you can print your own stamps—anytime you want, without going online. You can even use E-Stamp postage to send Priority and Express Mail, in addition to regular First-Class.

But there's more to E-Stamp than just stamps. Not sure how much postage to use? Just enter the weight of your package, and E-Stamp calculates the correct amount. Want to send it Priority Mail? E-Stamp suggests which labels to use. Want to track your package or letter? Use the E-Stamp software for online access to the postal service's tracking database. E-Stamp is like having a post office on your desktop.

Click, click. Who's there?

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Just go to your *Personal Start Page*SM to receive faxes and voice mail messages in your e-mail, anytime, anyplace.



MESSAGECLICK KEEPS YOU CONNECTED

Have you ever wished you could get your fax or voicemail messages while you were online? Have you ever dreamed you could collect all your messages in one place—your inbox? You can when you use your *home office* feature to sign up for your free, unique MessageClick phone number. Simply click the MessageClick link and fill out the registration form. Once you have entered your information, you will receive a personal telephone number. (This number is in addition to your current number.) Give this number to your friends, family, and business associates. When they call, they have a choice of leaving you voicemail or sending a fax. To retrieve either kind of message, simply check your EarthLink email. Faxes will be in the form of a graphic attachment; voice messages will be in RealAudio format.

SMALL BUSINESS SERVICES SERVE EVERYONE

Whether you own a small business or just need to keep up on the latest software, the ZDNet Small Business link—available in the *home office* feature—will turn you on to all

the best downloadable software available on the Net. Check out the day's top downloads, read feature articles, and peruse the small business and finance tools.

@BACKUP IS WHERE IT'S AT FOR SECURITY

When's the last time you backed up your most important digital information? What would happen if your hard drive crashed right now? Would you have access to copies of your documents and software? If the answer to any of these questions makes you nervous, you should check out @Backup, the new online backup service on your Start Page. @Backup is a revolutionary Internet service that lets you protect your most important documents by saving copies to a distant server, over the Web. Windows users* can download Online Backup Service by clicking the @Backup link. While you complete the registration, @Backup will install the necessary application right to your computer.

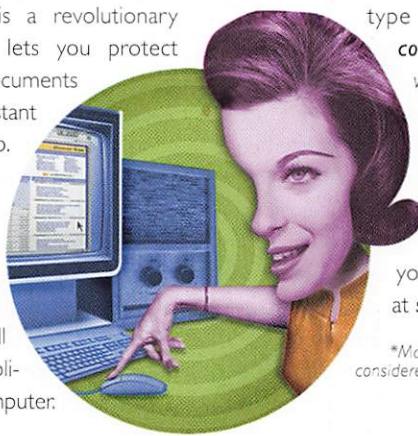
When you see the @Backup icon on your desktop, you may begin to select the files or programs you'd like backed up. @Backup automatically chooses a schedule for your daily backups. (You can change this time if you wish.) You don't even need to be at your computer to run @Backup. After every backup, you will get a message confirming that your files are backed up and protected.

Besides having the security of knowing your files have been duplicated (and encrypted) on another server, the *home office* Online Backup Service also provides you with secure access to your most recent backed-up files. From any Internet browser,

type in earthlink.backup.com/help and click on the *web restore* tab. Then follow the directions to access. To learn more about this and the other features included in *home office* visit your Personal Start Page at start.earthlink.net. ☺

*Mac versions are currently being considered by these EarthLink partners.

—Melinda Viren



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Their ideas will come in all shapes and sizes.

Now there's a place where having fun goes straight to kids' heads. It's MaMaMedia.com, the groundbreaking kid site that lets your child discover by doing and imagine while inventing.



Go to MaMaMedia KidZone on your Personal Start PageSM at <http://start.earthlink.net>



Open for Biz

Big help for your small business

Small businesses looking for a company to provide Web hosting, e-commerce, and other Internet services have never had it so easy—thanks to the new and improved EarthLink Biz.

EarthLink Biz combines the business products of both EarthLink and MindSpring. As a result of the merger, EarthLink Biz offers a broader range of business Internet tools than either company had before. Add that to an already strong commitment to customer service, and it's hard to find a better way to take your company online.

When you're ready to start your business out on the Internet, one of the first things you will want to do is to register your company's domain name (e.g. www.YourECompany.com). Once that's done, your domain is ready to use for your Web site, or, if you aren't ready for that yet, you can "park" it using the EarthLink Biz domain parking service. Domain parking allows you to reserve your domain name, so someone else doesn't take it before you are prepared to host your own Web site.

EarthLink Biz offers a range of Web hosting plans to suit different needs. Although the plans differ in the amount of storage space and network traffic included, each one allows your company to host a site with its own domain name, domain email addressing (AnyName@YourECompany.com),

CGI scripting, and Microsoft FrontPage support. Each plan also includes a complete statistical package, which keeps track of information, such as the number of visitors your site receives. And if your needs change, you can modify to your account at any time.

EarthLink Biz offers packages to suit different needs. Perhaps you want to add e-commerce options to your Web site. Maybe you are running the business entirely by yourself and you've never built a Web site. Or you could be a professional developer. EarthLink Biz makes it simple to include secure credit card processing on your site. And EarthLink Biz will even set up an online merchant account, so you don't have to find a bank willing to handle your e-commerce transactions.

Looking for Internet access? You have several options, from a regular modem connection to high-speed access. EarthLink Biz offers ISDN, frame relay, DSL, and cable services, depending on where you live. If cable or DSL is available in your area, you're in luck because the costs are surprisingly low. And with speeds up to 50 times faster

than a regular modem, high-speed access is worth the investment.

To meet the needs of larger businesses, EarthLink Biz has the Major Accounts department, which provides consolidated billing, electronic invoicing, custom monthly invoicing, efficient problem resolution, and personalized ongoing account management for customers who need a customized Internet solution.

Looking toward the future, EarthLink Biz is evaluating other services, including wireless access and "application service delivery." Application service delivery lets businesses use programs, such as spread sheets or word processors, on a per-use basis, delivered by a server over the Internet instead of a local computer. As high-speed access becomes more commonplace, EarthLink Biz will deliver more advanced features and services.

For more information about EarthLink Biz products, visit the EarthLink Biz Web site (www.earthlink.net/business/), call (800) 940-2054, or send an email to corpsales@corp.earthlink.net.

—Chris Pollette



A Fairy Grant Mother

This EarthLink member uses her StarterSiteSM and helps make dreams come true

In 1999, Shakurra Amatulla opened an EarthLink StarterSite, www.grantlady.com to put her range of grant assistance services online: "For a mere \$25, each subscriber has me—his/her own grant researcher, cheerleader, critic, maven, surrogate Mom, and a shoulder to cry on..." The Grant Lady started as a single mother herself seeking grants to help pay her family's gas bill. Soon her monthly newsletter was helping others, too. And now her StarterSite has made all the difference for Amatulla: "It's a win-win situation in which I not only enjoy the financial benefits, but more importantly, am privy to [a far wider range of] subscribers' lives."





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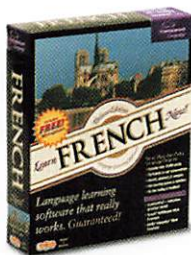
Speaking in Tongues

Language software is your passport to the world

Summer is the time for dreamy foreign travel—warm breezes off the Seine, bells chiming in the Piazza San Marco. But after you climb to the top of the Duomo, you'll want to be able to order gelato from the street vendor, or fix that problem with your reservation at the hotel. To do that, you'll need to speak the language. Foreign language software makes learning a new language fun and simple—it's like having your own personal tutor, as often as you want, at a fraction of the cost. With special programs for children, business travelers, and other learners, language software could soon replace the old classroom drill-and-stutter.

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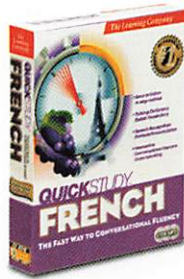
Macintosh, Windows 95, 98, NT
Transparent Language
(www.transparent.com)

☞ For an immersion approach to learning a foreign language, Language Now! offers a high-quality, multimedia experience that's almost as good (and as fun) as being there. A well-plotted video (photographed on location and using only native speakers) introduces the software's practice dialogues. Practice your accent with the included microphone. And when you want to learn more, you can choose *Survival Phrases*, *Most Common Words*, a separate *GrammarPro* program, or some businesslike games. But above all, Language Now! teaches through immersion, affording users ample, excellent opportunities to hear realistic speech. The company's Web site offers Word-of-the-Day emails and games.

☞ Diving into real speech in a foreign language at normal speed is not for the faint of heart. Some learners may become frustrated with the immersion approach, craving a more linear and lesson-based program.

QUICK STUDY

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☞ Quick Study's strongest feature is its menu of interactive scenarios. Choose a situation (you've lost your luggage, you need a room...) and the Quick Study personnel will engage you in creative, realistic Q & As. A unique interface accepts a wide array of responses as correct. And the program's background language is English, so instructions and lessons are easy to understand. In the *Language Studio*, you can learn phrases and vocabulary organized by subject, beginning with whatever topics you like best. In the *Game Room*, a *JukeBox* teaches words to popular music. And a microphone (not included) allows you to grade your pronunciation in each activity area from "tourist" to "native."

☞ Many of the speakers in the Quick Study videos are non-natives. Travelers may arrive still unprepared for the speed of actual speech. In order to add the full range of useful Internet tutorials from www.learnertospeak.com, you'll need to upgrade to the higher-priced, more specialized Learn to Speak software suite. ☹



Gadget Review

Rocket eBook

Whether you're going on a trip or just heading to the local coffeehouse, taking all the books or documents you want to read can be cumbersome. In these situations, the Rocket eBook can be a blessing.

The eBook portable electronic reader comes in a basic model, which stores roughly 4,000 paperback-sized pages, and a Pro model, which holds about 15,200. Reading is as simple as choosing a title from an on-screen menu and turning pages by pressing the device's directional buttons.

The eBook's curved plastic case is pleasant to hold. About the size of a paperback book, the device is light (22 ounces) but still somewhat heavier than it looks; it's fine for a briefcase or backpack, but a bit too weighty for a coat pocket. The 4.5" x 3" black-and-white screen is easy on the eyes, but the backlight may be a bit dim for some readers, even at its brightest setting. You touch the screen with a stylus to access intuitive on-screen menus that let you set bookmarks, search for words, add notes, and more.

The eBook connects to your Windows or Macintosh computer so that you can download electronic texts from the Web. The included software manages your collection and lets you create or convert your own files into eBook format.

The Rocket eBook is \$199; the Rocket eBook Pro retails for \$269. For more information, visit www.rocket-ebook.com.

THE ROCKET EBOOK AT A GLANCE

☞ Very portable; overall good display; intuitive on-screen menus.

☞ Slightly heavier than it looks; display backlight may be somewhat dim for some readers.

KEV

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REVIEW
Cool Tool

Software You Can Count On!

Calorie counters help you reach your health goals

Want to shed a few (or more!) pounds for the swimsuit-wearing days of summer? The shareware calorie-counting programs reviewed below make it easy to calculate your daily caloric intake, find out the nutritional values of the foods you eat, plan meals, and more.

THE CALORIZER

Available for both PC and Macintosh users, J.P. Software's The Calorizer is a no-frills calorie counter. It makes up for its lack of bells and whistles with speed and efficiency—providing calorie, fat, carbohydrate, and protein information for each food you select. Use the handy *Find Food* function to search The Calorizer's database of over 5,000 foods.

The *Stop Light* feature alerts you to whether your diet is high in fat, low in fat, or high in sodium. To keep a record of your diet's progress, print out a daily *Dietary Analysis*. You can take a pared-down version of The Calorizer for a free test drive, or purchase the full program for \$16 at www.hardbodynow.com. If you purchase The Calorizer, J.P. Software throws in The Metabolizer, which calculates the number of calories you burn per day, free of charge.

CALORIE COUNTER

The most popular program we reviewed, NutriGenie's Calorie Counter has over 8,000 foods in its database. Not only does Calorie Counter provide per-meal and per-day calorie, protein, carbohydrate, and fat intake numbers, but it also calculates your ideal weight, suggests daily calories based on your activity level, and can plan a balanced menu specific to your daily caloric intake needs. Have too much fat or carbohydrates in your diet? Use the *Find Max* and *Find Min* functions to identify the offending foods in the cuisine you eat. Not

sure about the healthfulness of your diet? The *USDA Food Guide Pyramid* analyzes your daily menus to see if they are well-balanced. Available to Windows users, you can download a free demo or purchase this easy-to-use program for \$19 at members.aol.com/nutrigenie/ngcc41.html.

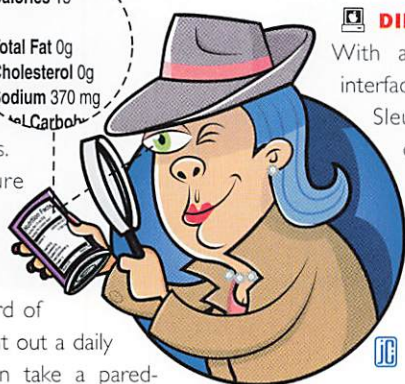
DIET SLEUTH

With a fun and user-friendly interface, Black Cat Systems Diet Sleuth is more than just a calorie counter. In addition to calculating your daily intake of calories, fat (saturated, polyunsaturated, and monounsaturated), carbohydrates, fiber, protein, cholesterol, sodium, potassium, and

calcium, Diet Sleuth has a built-in *Recipe Editor* and *Weight Manager*. With the *Recipe Editor*, you can enter a recipe, and Diet Sleuth automatically calculates the nutritional values of the ingredients. And with the *Weight Manager*, simply enter your wrist size, waist size, and weight, and Diet Sleuth computes your body fat percentage, body mass index, and metabolism. Ever wanted to know the nutritional value of a Big Mac? *Fast Food* is just one of the 21 food categories represented. Other categories include *Baby Food*, *Junk Food*, *Lunchmeat*, and *Custom Foods*, where you can add foods not found in the database of over 5,000 foods. Diet Sleuth is for Macintosh users with System 7 or above, and accommodates up to five users per program. Download a free evaluation version, or purchase the complete version for \$25 at www.blackcatsystems.com/software/diet.html. 

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**REVIEW**

Computer Gaming

Everyday Life: The Game

The Sims shows just how entertaining ordinary people can be

Computer games tend to deal with the extraordinary, drawing us into exotic or imaginary worlds unfamiliar to us. It's a refreshing change of pace when a game focuses on the ups and downs of everyday life, especially when the game is as well-crafted as the new simulation, *The Sims*. 

In this game, you guide a family of virtual people (a.k.a. "Sims") through their daily routines, careers, personal relationships, and other aspects of their lives. You can play using one of the game's existing families or create your own, choosing the appearance and personality traits of each family member.

As in real life, staying in control can be complicated. You constantly must satisfy your Sims' often-competing needs for things like food, hygiene, energy, social contact, and fun. For example, if your Sims are low on energy, you can tell them to sleep, but sleeping increases hunger; if they're not having enough fun, you can buy them a TV, but that can make them less

social. Maintaining balance in your Sims' lives (or tinkering with that balance just to see what happens) is what makes the game so involving, even addictive.

Complementing the gameplay are the character animations. Seeing your Sims talk, laugh, dance, flirt, and eat in response to your mouse clicks is endlessly entertaining.

The Sims includes a novel Internet feature. The game's Camera Mode lets you share your Sims' stories with the world by snapping screen-

shots of your Sims in action, adding descriptive text, and generating an HTML scrapbook that you can upload to your personal Web site. 



GAME BITS

ARCADE/CLASSIC

 **Candy Crisis:** This improved version of the popular Tetris-like game, Skittles, features better graphics while retaining the original's quality of gameplay. Play by yourself, against the computer, or (best of all) against a friend.

ACTION

 **Soldier of Fortune:** Although not as technically dazzling as first-person shooters like Quake 3: Arena

and Unreal Tournament, this game delivers pure, frenzied action. The multiplayer mode is frenzy at its best, while the single-player game, in which you play a mercenary carrying out a variety of missions, balances action with tactics.

 **Ferazel's Wand:** Clever, cartoon-style graphics and imaginative sound effects and music are the highlights of Ferazel's Wand. You control a sorcerer doing

battle against evil creatures, and there's plenty of running, jumping, and spell-casting to keep you entertained.

SPORTS

 **Boarder Zone:** This snowboarding game does a fine job of making you feel like you're dashing down those snow-covered slopes. Thanks to the fluid animation and the variety of aerial tricks you can perform, Boarder Zone is as much fun to watch as it is to play.

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For links to demos, screenshots, or movies for any of these games, go to the online version of this story at www.earthlink.net/blink/.

Reviewed by Dinos Lambropoulos



Your Health under Your Control

Log on and get answers

We're alive at an interesting time. Over the next few years and the coming decades, we will see incredible advances in medicine, including cures for fatal diseases, greater longevity, and improved overall fitness and health.

As I mentioned in a recent *bLink* column, I think the Internet will be one of the primary catalysts for these advances by allowing scientists and doctors all over the world to communicate instantly and share their knowledge.

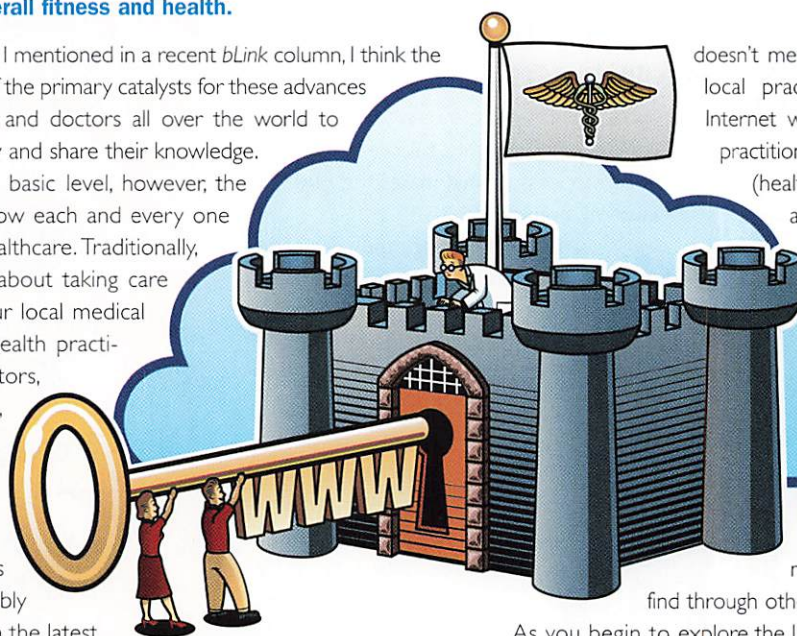
On a much more basic level, however, the Internet will affect how each and every one of us approaches healthcare. Traditionally, we got information about taking care of ourselves from our local medical doctors and other health practitioners like chiropractors, physical therapists, acupuncturists, etc. Unfortunately, no matter how caring and competent our local practitioners are, they can't possibly be fully up to date on the latest

advances in medicine or the broad range of treatments and therapies available for every physical condition.

With the Internet, we now have an alternative source for health information. With hundreds of online discussion groups and health-related Web sites, covering almost every conceivable topic, anyone can log on and get answers, or at least be pointed in the right direction.

In the January 1999 issue of *bLink*, I mentioned a great example of this in the LaGrow family, EarthLink members who contacted us to let us know that the Internet changed their lives. The LaGrows had a young daughter who gradually lost her ability to walk and became wheelchair-bound. For years they went to specialists who could give them no diagnosis. When they finally did receive a diagnosis—a rare disease called dystonia—there was no hope of a cure, until they turned to the Internet. Searching the Net, they found not only Web sites discussing their daughter's disease, but learned about a conference of medical professionals and dystonia patients. A few months later, they found a local specialist to help them—and they found a seemingly miraculous treatment. Within 24 hours of beginning the treatment, their daughter was walking on her own again.

The LaGrows are the perfect example of a movement gaining momentum every day online. This movement toward Internet self-help



doesn't mean that the Internet will replace the local practitioner—quite the contrary. The Internet will be a valuable resource for local practitioners. But it does mean that patients (healthcare customers) now have the ability to become better informed and to demand that their health practitioners are, too. Ultimately, this should raise the quality of treatment at all levels.

In a very real way, the Internet puts your health under your control. Anyone can use it to find helpful people and essential information that might be difficult, if not impossible, to find through other means.

As you begin to explore the Internet health resources offered in this issue (or those you've discovered on your own), keep in mind that these resources may seem a little overwhelming at first. There is so much material available. You can literally get information from every possible perspective and every possible healing practice. As individuals and patients, we must balance this great flood of information by taking the time to inform ourselves thoroughly. As I've said before, the Net is a bit like the Wild West. It's not terribly well-regulated or neatly laid out, and it's up to us, as Internet users, to judge the worth of the information we find. But as the LaGrows discovered, the effort spent can bring great, lifelong rewards.

Remember also that the more each of us makes use of and contributes to Internet health resources (through personal Web sites, message board postings, etc.), the more we will help drive the great medical advances which are already on the horizon. With people all over the world searching for truly workable health solutions, the methods that do work, and the doctors and other practitioners who are successful, will become broadly known—not merely those already inside the healthcare establishment. As recognition of these people and methods spreads, they will begin to influence the way everyone thinks of healthcare and they will spur on the researchers who are working for a brighter future.

Here's to your health! ☺

Sky Dayton is the founder of EarthLink.

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